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GOURMET

DIET

COOKBOOK

CALORIE

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GOURMET DIET COOKBOOK

(Formerly ROUND THE WORLD LOW CALORIE DIET COOKBOOK)

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MERIT PUBLICATIONS

17070 Collins Avenue

North Miami Beach, Florida 33160

Dear friends and customers,

We would like to give you a little explanation as to why and how this Diet cookbook came into being . . . Over the years we have received many requests from readers of our other publications for just such a cookbook . . .

Letters stating 'I have lost 10, 15 or 30 pounds but I am tired of eating just the same things . . . or my husband's doctor has ordered him to lose weight but he refuses to eat salads, cottage cheese or other simple low calories food . . . or I don't get any pleasure out of preparing meals for my family when we are on a diet as everything seems so much the same, everything is boil or broil . . . or I just get bored, period. . . .

Our business is very much a people to people affair so we started asking questions of our staff, friends, and acquaintances. . . . We asked what diet they had been on? Why they went off the diet? Over and over again the same reply came back. . . . I got tired of eating the same things. . . . Steak and lamb chops are too expensive. . . . I like Italian food or Chinese food or Spanish food. . . . Another complaint continually echoed was 'I like to use things I can get in any store I only know how to cook using butter, wine, sugar etc. . . . and all diet cookbooks are the same, they say plain fish, chicken or steak, no butter or sauces. . . .

So we came to the conclusion that there was a market for an interesting Diet cookbook but how to do it? How to compile a Diet cookbook that would help people lose weight, give the creative cook a sense of accomplishment, and have great variety. A cookbook that would be special because the recipes contained therein would be so good and varied that one would cease to think of them as just diet recipes to be used because you are too fat or have been fat or don't want to get fat. . . . We wanted a cookbook that people would think of as just one of their favorite cookbooks because it contains one of their favorite Spanish dishes or Jewish dishes or Chinese dishes etc. etc.

And this is what we tried to produce, a very special cookbook for young people, old people, fat people and thin people and anyone in between. . . . The recipes came from many sources and it took time, as anything worth doing must. . . . The final compiling and editing was done by our own Mary Kruse. . . . We feel that our *Round the World Cookbook* satisfies all the above mentioned requirements. . . . We hope you agree and will enjoy it for many years to come.

The Publisher

Appetizers and Snacks

HAM AND CHEESE DIP

Makes about $2\frac{3}{4}$ cups (about 870 calories) ; 1 tablespoon—about 22 calories

2 cups cottage cheese

**1 tablespoon grated onion, or
more, to taste**

$\frac{1}{2}$ cup skim milk

1 can ($3\frac{3}{4}$ oz.) deviled ham

Directions:

Beat cottage cheese and milk until smooth and creamy. Blend in deviled ham and onion. Cover and chill overnight.

CHINESE CHICKEN LIVER SPREAD

Makes about $\frac{1}{2}$ cup (about 300 calories) ; 1 tablespoon—about 28 calories

$\frac{1}{2}$ lb. chicken livers

**1 teaspoon star anise
(or anise seed)**

1 tablespoon minced onion

2 tablespoons dry sherry

Dash of salt

2 tablespoons soy sauce

Pepper, if desired

Directions:

Cover and simmer chicken livers and onion in mixture of sherry and soy sauce, together with anise about 5 minutes. Mash (or blend in electric blender) and add seasoning to taste. Serve chilled or at room temperature.

CLAM SPREAD

Makes about 1 cup (160 calories) ; 1 tablespoon—10 calories

1 can minced clams

**1 heaping teaspoon dehy-
drated onion soup mix**

$\frac{3}{4}$ cup sour cream substitute

Directions:

Drain clams thoroughly and combine with remaining ingredients. Chill in refrigerator.

CRABMEAT DEVILED EGGS

Makes 6 servings (870 calories) ; 1 serving (1 whole egg)—145 calories

6 hard-cooked eggs

2 tablespoons mayonnaise

**$\frac{3}{4}$ cup cooked or canned
crabmeat**

**2 tablespoons instant nonfat
dry milk powder**

$\frac{1}{2}$ cup finely chopped celery

1 tablespoon water

1 teaspoon dry mustard

Paprika

$\frac{1}{2}$ teaspoon salt

Directions:

Cut eggs in half lengthwise and scoop out yolks and mash them. Remove any cartilage from crabmeat and flake the meat. Mix crabmeat, celery, egg yolks and seasonings. Combine mayonnaise dry milk powder and water and blend thoroughly with crabmeat egg mixture. Fill egg whites with mixture. Garnish with paprika.

Appetizers and Snacks

HERBED TOMATO FRAPPE

Makes 4 servings (100 calories) ; 1 serving—25 calories

2 cups tomato juice	garlic or onion salt, Worcester-
Herbs, as desired; celery salt,	shire sauce, basil, oregano, etc.

Directions:

Blend choice of herb with tomato juice and pour into refrigerator freezing tray. Freeze until mushy. Beat with fork or whisk just before serving. Spoon into sherbet dishes.

CLAMATO JUICE

Makes 4 servings (180 calories) ; 1 serving—45 calories

4 cups bottled clam juice	Dash of Worcestershire sauce
½ cup tomato juice	

Directions:

Mix all ingredients well; chill and serve at once.

RAW VEGETABLES

120 calories

Vegetables such as celery, green pepper, white turnips, carrots, zucchini, cut into strips; cauliflower flowerets; radishes; may be brushed with herbs, seeds and spices—celery seed, caraway seed, dill weed, seasoned salts, for example. They contain almost no calories. Raw vegetables may also be served as dippers with the following dips or spreads.

GARLIC DIP

Makes about 2 cups (about 480 calories) ; 1 tablespoon—about 15 calories

2 cups cottage cheese	2 garlic cloves
(skim milk)	1 teaspoon salt
¼ cup skim milk	

Directions:

Beat cottage cheese and milk together until smooth and creamy. Crush garlic and salt and blend thoroughly into cheese mixture. Cover and chill overnight.

PIMENTO DIP

Makes about 1 cup (240 calories)

1 scant cup yogurt	1 tablespoon drained, chopped
3 tablespoons catsup	pimento
	Dash of salt

Directions:

Blend all ingredients thoroughly and chill.

Soups

BEEF CONSOMME AND CUSTARDS

Makes 4 servings (284 calories) ; 1 serving—71 calories

4 cups clear hot beef con-
somme, canned or home-
made
1 egg yolk, beaten lightly

1 egg, beaten lightly
¼ cup skim milk
Salt, pepper, monosodium
glutamate

Directions:

Beat egg yolk, whole egg, together with milk and seasonings. Pour mixture into small baking pan. Place in pan of water and bake in moderate (350° F.) oven 20 minutes, or until custard is set. Cool, then cut into desired shapes. Add to piping hot consomme just before serving.

Variation: Chicken stock.

CHICKEN BROTH PARMESAN

Makes 4 servings (152 calories) ; 1 serving—38 calories

4 cups chicken broth, canned
or homemade
Lemon juice

Grated lemon rind
4 teaspoons grated Parmesan
cheese

Directions:

Add to each cup of hot chicken broth, a dash of lemon juice; a sprinkling of grated lemon rind, and a teaspoon of grated Parmesan cheese.

VITAMIN-RICH VEGETABLE SOUP

Makes 6 servings (340 calories) ; 1 serving—56 calories

1 quart chicken consomme,
canned or homemade
3 cups mixed fresh vegetables,

minced (onions, carrots,
celery, peppers, etc.)
Salt and pepper to taste

Directions:

Heat the consomme to the boiling point. Add vegetables and allow to boil about 5 minutes. Add seasoning and serve.

PIQUANT CLAM BROTH

Makes 4 servings (125 calories) ; 1 serving—31 calories

1 quart soft-shell clams
4 cups water
Salt

Thyme
Paprika or finely-chopped
parsley

Directions:

Remove sand from clams by scrubbing thoroughly under running water. Put them in a large pan, add 1 cup cold water, and cook covered over low heat until shells open—about 10 to 20 minutes. Strain the broth into another pan and add boiling water to make 4 cups. (Set clams aside for other dishes.) Add salt and thyme, reheat broth and sprinkle each serving with paprika or finely-chopped parsley.

Soups

WATERCRESS SOUP

Makes 4 servings (228 calories) ; 1 serving—57 calories

- | | |
|-------------------------|---------------------------|
| 1 bunch watercress | 1½ cups chicken consomme, |
| 1 tablespoon butter | canned or homemade |
| 1 teaspoon grated onion | Salt and pepper |
| 1½ cups skim milk | |

Directions:

Wash watercress thoroughly and remove stems. Chop leaves very fine. In a deep pan, melt butter; then add chopped watercress and grated onion, and saute until vegetables are soft, but not brown. Mix skimmed milk and consomme and add to vegetables. Season to taste and simmer until heated through.

SPINACH SOUP

Makes 4 servings (208 calories) ; 1 serving—52 calories

- | | |
|-------------------------|-----------------------------|
| 2 cups chicken consomme | 1 tablespoon minced parsley |
| 1 tablespoon butter or | 1 package (10-oz.) frozen |
| margarine | chopped spinach, de- |
| 1 garlic clove, minced | frosted |
| 1 scallion, minced | |

Directions:

Melt butter in saucepan; add garlic and cook about 2 minutes over low heat. Add scallion and parsley and cook about 5 minutes. Add consomme and spinach and cook until piping hot.

FISH CHOWDER

Makes 4 servings (575 calories) ; 1 serving—144 calories

- | | |
|--------------------------|----------------------------|
| 2 teaspoons butter | 1½ cups water |
| ½ cup minced onion | 2 teaspoons minced parsley |
| 1 pound lean white fish | 2 bouillon cubes |
| (flounder, cod, haddock, | 1½ cups skimmed milk |
| etc.), cubed | Salt and pepper |
| | Paprika |

Directions:

Melt butter in saucepan; add onion and cook about 1 minute. Add fish, water, parsley, and bouillon cubes and bring to a boil. Lower flame, cover and simmer until fish flakes (about 5 minutes). Stir in milk, season to taste, and heat thoroughly. Sprinkle each serving with paprika.

Soups

ONION SOUP

Makes 4 servings (280 calories) ; 1 serving—70 calories

1 cup sliced onions
2 tablespoons diet margarine

1 quart consomme
Grated Parmesan cheese

Directions:

Lightly brown onions in butter over low heat. Stir often. When onions are transparent, add consomme and simmer about 30 minutes. Top each serving with grated Parmesan cheese.

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Meats

BOILED BEEF AND HORSERADISH SAUCE

Makes 8 servings (1,624 calories) ; 1 serving—203 calories

3½ lbs. lean beef brisket	6 peppercorns
2-3 stalks celery, chopped	2 bay leaves
1 onion, sliced	3 tablespoons dry white wine
1½ teaspoons salt	or wine vinegar

Directions:

Place beef and remaining ingredients in heavy saucepan; add just enough water to cover meat. Cover pan, bring liquid to a boil quickly, reduce heat so liquid is just simmering. Cook until meat is tender. Drain meat and serve with horseradish. (See index)

TARTAR STEAK

Makes 6 servings (1200 calories) ; 1 serving—200 calories

1 lb. lean top round, ground fine	Salt and pepper
1 egg	6 thin slices rye bread
1 teaspoon grated onion	Chopped parsley or watercress

Directions:

Beat egg well and mix thoroughly with meat onion and seasoning. Trim crusts from rye bread. Shape meat into 6 patties and place each on a slice of bread. Garnish with generous sprinkling of chopped parsley or watercress.

BROILED HAMBURGER

Makes 4 servings (800 calories) ; 1 serving—200 calories

1 lb. very lean ground round	Salt and pepper
1-2 tablespoons grated or minced onion	1 teaspoon rosemary

Directions:

Mix all ingredients together lightly. Shape into four patties and broil close to flame, about 2 minutes on each side for rare hamburgers.

Variations:

Add a dash of Worcestershire sauce to meat before broiling, or substitute oregano for rosemary.

Meats

CORNED BEEF

Makes 8 servings (2600 calories) ; 1 serving—325 calories

3 lbs. corned beef
6 peppercorns
2 onions, quartered
2 bay leaves

**1 medium-sized head savoy
cabbage**
4 small new potatoes

Directions:

Place corned beef in heavy saucepan with peppercorns, onions, and bay leaves. Cover meat with water. Bring water to a boil rapidly, then lower heat, remove any scum, cover pan and simmer until meat is tender, about 2 hours. Quarter cabbage, scrub potatoes but do not peel them. Add to meat and cook an additional 15-20 minutes, until vegetables are done.

BEEF BIRDS

Makes 4 servings (1400 calories) ; 1 serving—350 calories

**1½ lbs. lean round steak, cut
about 1 inch thick**
6 mushrooms
1 whole onion
1 sliced onion
2 carrots, sliced
1-2 stalks celery

1 green pepper, chopped
2 cups bouillon
1 small clove garlic
¼ teaspoon thyme
3-4 sprigs parsley
Salt and pepper

Directions:

Cut steak into four individual portions. Pound them until about ½ inch thick; then trim edges so each piece is approximately the same size. Grind trimmings from meat together with mushrooms, whole onion, celery, garlic, and parsley. Add seasonings and mix thoroughly. Spread mixture over beef slices, roll tight, and tie at each end with string, or fasten with toothpicks. Place beef rolls in baking dish and top with bouillon, sliced onion, carrots, and green pepper. Cover and bake in preheated moderate (350° F.) oven ½ hour; then turn and bake additional ½ hour. Place birds on heated serving platter and remove string or toothpicks. Make gravy if desired or serve with pan juices and cooked vegetables.

Meats

HAMBURGER BARBECUE

Makes 4 servings (800 calories) ; 1 serving—200 calories

- | | |
|--------------------------------|---|
| 1 lb. lean ground round steak | 1 teaspoon dry mustard |
| 1 teaspoon salt | 1 teaspoon soy sauce |
| $\frac{1}{4}$ teaspoon pepper | 1 teaspoon Worcestershire sauce |
| $\frac{1}{2}$ cup tomato juice | $\frac{1}{8}$ teaspoon liquid Worcester |
| 1 teaspoon lemon juice | |

Directions:

Mix beef, salt and pepper lightly. Four into 8 patties. Brown on both sides in lightly greased skillet (or Teflon pan). Combine remaining ingredients and pour over patties in skillet. Bring to a boil rapidly, then allow to simmer a few minutes.

SAUCY SIRLOIN STEAK

Makes 6 servings (3,000 calories) ; 1 serving—500 calories

- | | |
|------------------------------------|---|
| 1 4-lb. sirloin steak | 1 $\frac{1}{2}$ teaspoons soy sauce |
| 2 garlic cloves, mashed to a paste | $\frac{1}{2}$ teaspoon prepared mustard |
| 1 tablespoon olive oil | Salt and pepper |

Directions:

Cut off excess fat from steak; slash edges of meat diagonally every 2 inches. Blend remaining ingredients and pound into both sides of steak. Allow steak to remain at room temperature 3-4 hours. Broil steak in preheated broiler, about $1\frac{1}{2}$ inches below the flame. Allow about 20 minutes on each side for rare.

MEAT AND VEGETABLE MEDLEY

Makes 6 servings (1860 calories) ; 1 serving—310 calories

- | | |
|---|---|
| 1 package (10-oz.) frozen lima beans | 1 can (10 $\frac{1}{2}$ oz.) condensed cream of celery soup |
| 1 $\frac{1}{2}$ cups thinly sliced carrots | $\frac{1}{3}$ cup vegetable liquid |
| 1 cup boiling water | 1 $\frac{1}{2}$ teaspoons salt |
| 1 $\frac{1}{2}$ lbs. lean ground beef or pork | $\frac{1}{4}$ teaspoon thyme |
| 2 tablespoons chopped onion | 6 slices tomato |

Directions:

Cook lima beans and carrots in boiling water, covered, 15-20 minutes or until tender. Drain, reserving $\frac{1}{3}$ cup vegetable liquid. Cook ground meat and onion in ungreased frying pan until meat is lightly browned and onion is transparent. Pour off drippings. All soup, reserved vegetable liquid, vegetables, salt, and thyme. Mix well. Pour into a 2-quart casserole. Top with tomato slices. Bake in preheated moderate (350° F.) over 35-40 minutes.

Meats

SAVORY PORK CHOPS

Makes 4 servings (1220 calories); 1 serving—305 calories

4 pork chops, about ½ inch thick	½ garlic clove, minced
2 teaspoons rosemary	Salt and pepper
1 teaspoon sage	½ cup dry white wine

Directions:

Season pork chops on both sides with mixture of herbs, garlic, salt and pepper. Lightly grease a frying pan, add pork chops, and pour in water to cover. Cook covered over low heat about an hour, or until water has evaporated. Brown chops, turning often to brown each side well. Pour in wine, turn up flame slightly, and allow to cook 1 minute more before serving.

BROILED RIB LAMB CHOPS

Makes 4 servings (1000 calories); 1 serving—250 calories

4 rib lamb chops	Mint-flavored vinegar
Monosodium glutamate	Salt and pepper

Directions:

Sprinkle lamb chops with monosodium glutamate and mint-flavored vinegar. Broil in preheated 500° F. oven 3 inches from flame, allowing about 5 minutes on each side for proper browning. Season to taste with salt and pepper.

HEARTY MEATBALL CASSEROLE

Makes 6 servings (1620 calories); 1 serving—270 calories

1 lb. lean ground pork or beef	2 cups cooked rice
½ cup fine breadcrumbs	½ cup thinly sliced celery
¼ cup skim milk	½ cup chopped green pepper
2 tablespoons chopped onion	1 can (10½ oz.) condensed cream of celery soup
1 teaspoon salt	⅓ cup water
1 teaspoon Worcestershire sauce	Paprika or minced parsley

Directions:

Combine first 6 ingredients. Shape into 18 meatballs. Brown in an ungreased frying pan. Place in a 2-quart casserole. Mix rice, celery, green pepper, soup, and water and pour this mixture over meatballs. Bake in preheated moderate (350° F.) oven about 45 minutes. Top with sprinkling of paprika or minced parsley.

Poultry

HERBED CHICKEN IN WINE

Makes 4 servings (1000 calories); 1 serving—250 calories

1 3-3½-lb. broiler-fryer	2 tablespoons chopped parsley
Salt and pepper	¼ teaspoon dried thyme
4 tablespoons butter	½ teaspoon dried tarragon
¾ cup white wine	

Directions:

Cut chicken into serving-size portions. Season with salt and pepper. Melt butter in heavy frying pan and brown pieces of chicken on all sides. Pour in wine mixed with herbs. Cover pan and cook slowly until chicken is tender, about ½ hour.

CHICKEN FRICASSEE

Makes 6 servings (1,828 calories); 1 serving—304 calories

1 5-lb. fowl, cut up	small chunks
Flour	2 carrots, sliced
Salt and pepper	1 medium-sized onion, sliced
1 tablespoon butter	2 tablespoons flour
2 stalks celery, cut into	½ cup skim milk

Directions:

Shake chicken pieces in flour, salt, and pepper. Brown them quickly in butter in a heavy pan over high heat. Add celery, carrots, and onion. Add boiling water, just to cover. Cover and simmer until chicken is tender, about 1½ hours. Remove chicken pieces to serving dish and keep warm. Strain stock (liquid in which chicken was cooked), and boil down until it makes about 1½ cups. Mix flour and skim milk until smooth; then add gradually to hot stock, stirring constantly until mixture comes to a boil. Add seasoning if necessary. To serve, pour sauce over chicken.

Poultry

CHICKEN BREASTS WITH VEGETABLES

Makes 6 servings (2160 calories) ; 1 serving—360 calories

3 whole chicken breasts, cut in half	$\frac{1}{2}$ cup water
$1\frac{1}{2}$ teaspoon salt	1 can ($10\frac{1}{2}$ oz.) condensed cream of chicken soup
$\frac{1}{8}$ teaspoon pepper	$1\frac{1}{2}$ cups carrots, sliced
$\frac{1}{4}$ teaspoon paprika	2 cups potatoes cut in julienne strips
$\frac{3}{4}$ cup fine dry breadcrumbs	$\frac{3}{4}$ cup celery, cut in $\frac{1}{2}$ slices
2 eggs, slightly beaten	
1-3 tablespoons fat or oil	

Directions:

Season chicken with salt, pepper, and paprika. Dip chicken breasts into beaten eggs, then roll in breadcrumbs. Brown in hot fat or oil in heavy pan until chicken is golden brown. Add water and cook covered over low heat until chicken is almost tender, about 30 minutes. Remove chicken and keep warm. Pour condensed cream of chicken soup into pan in which chicken was cooked; add vegetables and place chicken breasts on top. Cover and simmer until chicken and vegetables are tender, about 20 minutes.

CHICKEN ROUGE

Makes 4 servings (920 calories) ; 1 serving—230 calories

1 small broiler-fryer	$\frac{1}{2}$ - $\frac{3}{4}$ teaspoon dried tarragon
2 lbs. tomatoes, drained and chopped	Salt and pepper

Directions:

Fill cavity of chicken with half the tomatoes mixed with tarragon, salt and pepper. Truss chicken and place on rack in roasting pan. Surround chicken with remaining tomatoes; sprinkle with additional tarragon, if desired, and salt. Place in very hot (475° F.) oven; reduce heat immediately to 350° and bake about 1 hour.

Poultry

GLAZED CHICKEN

Makes 6 servings (1800 calories); 1 serving—300 calories

1 4-lb. roasting chicken	1-2 stalks celery
Salt	1 tablespoon cornstarch
Monosodium glutamate	1 cup orange juice
1 peeled onion	Pimento strips
1 carrot	Watercress

Directions:

Rub neck and body cavities of chicken lightly with salt and monosodium glutamate. Place vegetables in body cavity. Close vent and truss chicken. Place on rack in shallow roasting pan in slow (325° F.) oven and roast about 3 hours. Combine cornstarch with orange juice and cook over low flame, stirring until mixture is smooth and thick. Brush chicken with mixture about ½ hour before it is done; then again after about 15 minutes. Remove chicken to hot serving platter and garnish with pimento strips and watercress.

OVEN FRIED CHICKEN

Makes 4 servings (800 calories); 1 serving—200 calories

1 3-lb. broiler-fryer	Garlic powder
1 lemon	Salt
2 tablespoons soy sauce	

Directions:

Cut chicken into serving pieces. Cut lemon in half and rub chicken pieces with cut side of lemon; then brush chicken generously with soy sauce. Sprinkle with garlic powder and salt lightly. Bake in open pan in hot (400° F.) oven about 30 minutes. Turn chicken pieces 15 minutes for even browning.

BAKED TURKEY

Makes 4 servings (740 calories); 1 serving—135 calories

1 4-lb. broiler turkey	2 tablespoons melted butter
Salt and pepper	or margarine
Flour	

Directions:

Buy turkey parts or have whole turkey cut up for broiling. Season with salt and pepper; then sprinkle flour over lightly. Place turkey pieces on rack in shallow roasting pan; pour melted butter over. Add boiling water to bottom of pan to a depth of about ½ inch. Bake in moderate (350° F.) oven about 1 hour, basting often. Test by inserting cake tester or toothpick in fleshiest part of leg; if juices are pink, leave turkey in oven another 15 minutes.

Fish and Shellfish

SAUTEED SHRIMP

Makes 4 servings (1,060 calories) ; 1 serving—265 calories

- | | |
|---------------------------------------|---|
| 1 can (4-oz.) sliced mushrooms | 1½ large green pepper, coarsely chopped |
| 4 tablespoons peanut or olive oil | 1½ teaspoon salt |
| 1 lb. raw shrimp, shelled and cleaned | 2 teaspoons grated lemon rind |
| | Lemon wedges |
| | 4 slices toast |

Directions:

Drain juice from mushrooms and set it aside. Heat the oil in frying pan and add shrimp, mushrooms, green pepper, and salt. Cook over medium heat, stirring occasionally about 10 minutes or until shrimp are cooked through. Spoon over toast. Add mushroom liquid and grated lemon rind to juices in frying pan. Blend and heat through. Pour this sauce over the shrimp mixture and garnish with lemon wedges.

SAUCY HADDOCK BAKE

Makes 4 servings (720 calories) ; 1 serving—180 calories

- | | |
|---|---------------------|
| 1½ lb. haddock fillets | ½ teaspoon salt |
| 2 tablespoons butter or margarine, melted | 1⁄8 teaspoon pepper |
| 1 tablespoon lemon juice | 1 bay leaf |
| 2 teaspoons grated onion | Chopped parsley |

Directions:

Arrange fish fillets in greased shallow baking dish. Combine remaining ingredients except chopped parsley and pour over fish. Bake in preheated hot (400° F.) oven 25 minutes or until fish flakes when tested with a fork. Sprinkle with parsley and serve immediately.

CRABMEAT DELIGHT

Makes 4 servings (980 calories) ; 1 serving—245 calories

- | | |
|---------------------------------|--|
| 3 cups fresh or canned crabmeat | 1 tablespoon lemon juice |
| 2 teaspoons prepared mustard | 3 teaspoons Worcestershire sauce |
| 5 tablespoons bread crumbs | 5 tablespoons butter |
| 6 tablespoons skim milk | 3 tablespoons grated Parmesan or Romano cheese |
| 2 tablespoons chopped parsley | |

Directions:

Pick over crabmeat and remove all membranes. Shred and combine with remaining ingredients, except 2 tablespoons of butter and the grated cheese. Pour mixture into individual baking dishes. Top with remaining butter and the cheese. Bake in preheated hot (425° F.) over 10 minutes or until heated through.

Fish and Shellfish

NEW ORLEANS COD FILLETS

Makes 6 servings (810 calories) ; 1 serving—135 calories

2 lbs. cod fillets	1 pimento, chopped
2 tablespoons flour	Salt and pepper
1 onion, sliced	Monosodium glutamate
1 can (1-lb.) tomatoes	¼ teaspoon thyme
1 bay leaf	

Directions:

Place fillets in shallow baking dish. Combine remaining ingredients and pour over. Bake in preheated moderate (350° F.) oven about 1 hour or until fish flakes.

SCALLOPS IN WHITE WINE

Makes 4 servings (700 calories) ; 1 serving—175 calories

1½ lbs. scallops	1 garlic clove, minced
1 cup dry white wine	Salt and pepper
4 small white onions, chopped	Chopped parsley

Directions:

Place scallops in baking dish and pour wine over. Cover with onions and garlic and season to taste. Bake in preheated hot (400° F.) oven 10 minutes or until scallops are done. Sprinkle chopped parsley over and serve immediately.

SPAGHETTI AND FISH BAKE

Makes 4 servings (720 calories) ; 1 serving—180 calories

¼ lb. spaghetti	Salt and pepper
3 tablespoons chopped onion	1 cup lean cooked fish, flaked (cod, haddock, etc.)
⅓ cup chopped celery	
2 cups canned tomatoes, drained	¼ cup fine dry bread crumbs

Directions:

Cook spaghetti, with onion and celery, in boiling salted water until spaghetti is barely tender. Drain. Add salt and pepper to tomatoes. Arrange spaghetti, tomatoes, and flaked fish in alternate layers in an oven-proof baking dish. Top with bread crumbs. Bake in moderate (350° F.) oven about 20 minutes or until mixture is heated through and topping is nicely browned.

Fish and Shellfish

FILLET OF SOLE WITH SHRIMP SAUCE

Makes 4 servings (790 calories) ; 1 serving—197 calories

1 lb. fillet of sole	1 tablespoon butter
Bay leaf	1 tablespoon flour
2 tablespoons dry white wine, or lemon juice	½ lb. cooked, shelled shrimp
1 cup bottled clam broth	Salt and pepper

Directions:

Place fillets in greased baking dish. Crumble bay leaf and sprinkle over fish. Combine the wine and 2 tablespoons clam broth and pour over fish. Cover and bake in moderate (375° F.) oven about 15 minutes. Meanwhile, melt butter and blend in flour. Stir in remaining clam broth gradually and cook over low heat, stirring until sauce has thickened. Add shrimp and heat through. Pour this sauce over fish fillets and serve immediately.

BAKED FOUNDER WITH TOMATO SAUCE

Makes 4 servings (620 calories) ; 1 serving—155 calories

1½ lbs. flounder fillets	1 can (8-oz.) tomato sauce
2 teaspoons butter or margarine	¼ teaspoon sugar
1 small onion, chopped	Dash Worcestershire sauce
¼ teaspoon oregano	1 tablespoon lemon juice

Directions:

Melt butter in heavy frying pan and saute onion over low heat until soft, about 15 minutes. Add remaining ingredients except fish fillets and simmer 5 minutes. Arrange fish in lightly greased baking dish and pour sauce over. Bake in preheated hot (400° F.) oven 25 minutes.

OYSTER CURRY

Makes 4 servings (376 calories) ; 1 serving—94 calories

2 dozen medium-sized oysters	1 tablespoon curry powder
1 cup skim milk (made from instant nonfat dry milk)	½ teaspoon onion powder
1 tablespoon flour	Salt
	1 tablespoon butter or margarine

Directions:

Pour milk into top of a double boiler. Beat in flour, and seasonings until blended. Cook over hot water, stirring constantly until mixture thickens. Melt butter in large frying pan. Drain oysters and place in pan. Simmer until edges curl, about 5 minutes. Add to heated sauce and serve immediately.

Fish and Shellfish

TANGY BOILED SHRIMP

Makes 4 servings (540 calories); 1 serving—135 calories

1½ lbs. raw shrimp, shelled	1 bay leaf
and deveined	4 peppercorns
¼ cup dry white wine	1 scallion
¾ cup water	Salt
1 stalk celery	

Directions:

Pour wine and water into saucepan over medium flame. Add remaining ingredients except shrimp. Cover, simmer 10 minutes and add shrimp. Cover and simmer 5 minutes more. Count time after stock boils again. Remove from heat, strain liquid and save for making fish sauces, if desired. Serve shrimp chilled. To store place in refrigerator in strained liquid.

BROILED SALMON

Makes 4 servings (816 calories); 1 serving—204 calories

1 lb. salmon	Lemon wedges
Cucumber slices	Salt and pepper

Directions:

Season salmon and place in preheated broiler about 3 inches from flame. Broil until first side is lightly browned (8-10 minutes); then turn and brown the other side (about 5-7 minutes). Serve garnished with cucumber slices and lemon wedges.

Variation:

Brush both sides of salmon with soy sauce before broiling.

BROILED LOBSTER

Makes 1 serving—135 calories

1 small lobster (¾ lb.)	Salt, pepper, paprika
½ teaspoon melted butter or margarine	Lemon wedges

Directions:

Place lobster on its back. Insert sharp knife between body shell and tail. Cut down quickly to break spinal cord. Split lobster open from head to tail. Remove black vein that runs from head to tail. Remove small sac back of head. Leave edible green and coral parts. Crack large claws. Brush lobster meat with melted butter and season with salt, pepper, and paprika. Place on broiler pan meat side up; broil 5-7 minutes or until brown; then remove from broiler and serve immediately with plenty of lemon wedges.

Eggs and Cheese

EGGS IN THE SHELL

1 egg—77 calories

Directions:

Place eggs in a small pan; add cold water just to cover. Cover pan and bring to a boil quickly. Turn off flame as soon as water reaches boiling point. Depending on whether you want soft-cooked, coddled, or hard-cooked eggs, remove the eggs immediately or leave in covered pan for specified times.

Soft-cooked: Remove from water immediately or leave no longer than 4 minutes.

Coddled: Leave in water from 4-8 minutes.

Hard-Cooked: Allow eggs to remain in water 15-20 minutes, then immediately place in cold water to prevent green ring from forming around yolks, and to make shelling easier.

DOUBLE BOILER SCRAMBLED EGGS

1 egg—77 calories

1 egg

Salt and pepper

Directions:

Season egg and whip with rotary beater or wire whisk until fluffy. Pour into top of double boiler over boiling water. Cover, and let cook to desired degree of doneness. Stir occasionally.

Variation:

Add sprinkling of your favorite herb—tarragon, chives, dill or parsley for example, to eggs before cooking.

TOMATO OMELET

Makes 1 serving—200 calories

2 eggs

Salt and pepper

1 small tomato

1 teaspoon butter or margarine

$\frac{1}{4}$ teaspoon marjoram

Directions:

Beat eggs lightly. Cut tomato in half and drain off juice; cut tomato into small pieces and add to egg. Add marjoram and season. Melt butter in small skillet; pour in egg mixture. Cook over medium heat, stirring until large lumps of egg form. Then lift edges gently and tip pan to allow liquid part run under. Cook until firm but allow omelet to be slightly moist on top. Fold over and slide on to serving plate.

Eggs and Cheese

WESTERN OMELET

Makes 1 serving—220 calories

2 eggs	2 tablespoons chopped green pepper
1 small slice lean boiled ham, cut into small dice	1 teaspoon butter or margarine
1 small white onion, diced	Salt and pepper

Directions:

Saute ham, onions and green pepper in $\frac{1}{2}$ teaspoon butter. Beat eggs and add sauteed ham, vegetables, and salt and pepper. Melt remaining $\frac{1}{2}$ teaspoon butter in saute pan; then pour in egg mixture. Turn heat low. Lift edges of the omelet with a fork or spatula to allow liquid part to go to bottom of pan. When done, fold over and serve.

BAKED EGGS PARMESAN

Makes 4 servings (586 calories) ; 1 serving—147 calories

4 eggs	2 tablespoons grated Parmesan cheese
Salt and pepper	
2 thin slices lean ham, slivered	2 teaspoons butter, melted

Directions:

Break eggs into greased shallow baking dish. Sprinkle with salt, pepper, slivered ham and grated cheese. Pour melted butter over top. Bake in hot (400° F.) oven about 15 minutes or until eggs are firm.

EGG-IN-THE-NEST

Makes 4 servings (600 calories) ; 1 serving—150 calories

4 eggs, separated	4 thin slices dry toast
Salt	Paprika
2 teaspoons butter	

Directions:

Beat egg whites with salt, until stiff but not dry. Divide evenly and place on toast slices in shallow baking dish. Make a hollow in each egg white "nest" and put $\frac{1}{4}$ teaspoon butter in each. Slip one egg yolk in each hollow. Bake in moderate (375° F.) oven until set. Sprinkle tops with paprika.

Eggs and Cheese

EGGS POACHED IN TOMATO SOUP

Makes 4 servings (530 calories) ; 1 serving—133 calories

4 eggs	according to instructions
1 can tomato soup, diluted	on can
	Salt

Directions:

Heat tomato soup in large skillet. Slide eggs into heated soup. Cover pan and cook over medium flame until eggs are firm. Sprinkle with salt and serve.

EGGS FLORENTINE

Makes 4 servings (640 calories) ; 1 serving—160 calories

4 eggs, poached	4 tablespoons milk
2 cups cooked spinach, chopped and drained	Grated Parmesan cheese

Directions:

Keep eggs warm. Combine spinach with milk and line bottom and sides of shallow baking dish with mixture. Slide poached eggs on top, sprinkle grated Parmesan cheese over all and broil until cheese is brown, and eggs and spinach are heated through.

EGG AND CHICKEN LIVER BAKE

Makes 4 servings (548 calories) ; 1 serving—137 calories

4 chicken livers	4 tablespoons milk
1/4 cup soy sauce	4 eggs
2 tablespoons water	Minced parsley or chives

Directions:

Cook chicken livers in soy sauce and water about 5 minutes, or until just done. Drain off liquid and chop livers coarsely. Divide chopped liver into 4 equal parts and put in 4 custard cups. Spoon 1 tablespoon milk into each cup. Break 1 egg into each cup and cover with minced parsley or chives. Place cups in pan of water and bake in moderate (350° F.) oven about 10 minutes or until eggs are firm.

Eggs and Cheese

CHEESE SOUFFLE

Makes 4 servings (680 calories) ; 1 serving—170 calories

1 tablespoon butter or margarine	$\frac{2}{3}$ cup grated cheese (Ameri- can, Swiss, or Parmesan)
2 tablespoons flour	2 eggs, separated
$\frac{2}{3}$ cup skimmed milk	Salt and pepper

Directions:

Melt shortening. Stir in flour and blend thoroughly over low flame. Add milk gradually and stir until mixture thickens. Blend in grated cheese and cook until it is completely melted. Stir mixture into lightly beaten egg yolks. Add salt and pepper. Beat egg whites until stiff, but not dry. Fold into egg yolk-cheese sauce mixture. Pour into 1-quart souffle dish. Place dish in pan of water and bake in slow (325° F.) oven about 1 hour or until souffle is firm and top is golden brown.

MACARONI AND CHEESE SOUFFLE

Makes 4 servings (620 calories) ; 1 serving—155 calories

1 cup cooked elbow macaroni	cheese spread
4 egg yolks, beaten well	$\frac{1}{4}$ cup skim milk
$\frac{1}{2}$ teaspoon dry mustard	4 egg whites, beaten stiff but not dry
$\frac{1}{8}$ teaspoon pepper	
$\frac{1}{2}$ cup processed cheddar	

Directions:

Chop macaroni fine. Preheat oven to moderate (350° F.). Grease a 1-quart casserole. Combine macaroni with beaten egg yolks, mustard, and pepper. Blend cheese and milk. Add gradually to macaroni mixture, until thoroughly blended. Fold in beaten egg whites. Pour mixture into casserole and set in pan of hot water in oven. Bake until set, about 35 minutes.

Salads

TURKEY AVOCADO SALAD

Makes 6 servings (1080 calories); 1 serving—180 calories

4 teaspoons lemon juice	scallion
1 med. avocado, diced	2 tablespoons mayonnaise
1 cup cooked turkey, diced	2 tablespoons sour cream
1 cup cooked rice	1 teaspoon salt
$\frac{1}{2}$ cup finely-chopped celery	Lettuce
$\frac{1}{2}$ teaspoon finely-chopped	

Directions:

Pour lemon juice over avocado. Mix remaining ingredients (except lettuce); add avocados and toss lightly. Chill. Serve on crisp lettuce leaves.

CHEF'S SALAD

Makes 4 servings (400 calories); 1 serving—100 calories

$\frac{3}{8}$ cup tongue or ham, chicken or turkey, and Swiss cheese, mixed	1 small head chicory or escarole
1 small onion	$\frac{1}{2}$ cup low calorie French dressing
2 small tomatoes	Lettuce
1 bunch watercress	

Directions:

Slice onion and separate into rings; cut tomatoes into wedges; chop watercress and chicory or escarole coarsely and combine with remaining ingredients (except lettuce). Chill. Serve on crisp lettuce leaves.

TURKEY-KIDNEY BEAN SALAD

Makes 6 servings (1230 calories); 1 serving—205 calories

1 cup cooked turkey, cut in large chunks	onion
$1\frac{1}{4}$ cups canned kidney beans, drained	2 hard-cooked eggs, diced
$\frac{1}{3}$ cup coarsely chopped sweet pickle	1 teaspoon salt
$\frac{2}{3}$ cup coarsely chopped celery	3 tablespoons mayonnaise
1 tablespoon finely chopped	1 teaspoon prepared mustard
	1 teaspoon liquid from pickle
	Lettuce

Directions:

Combine all ingredients except lettuce and toss lightly. Chill about an hour to let flavors blend. Serve on lettuce leaves.

Salads

JELLIED SALMON SALAD

Makes 4 servings (800 calories) ; 1 serving—200 calories

- | | |
|-------------------------------|---|
| 1 envelope unflavored gelatin | 2 cups canned salmon, flaked |
| 1 tablespoon sugar | 1 cup chopped celery |
| 1 teaspoon dry mustard | 1 tablespoon capers |
| 1 teaspoon salt | $\frac{1}{3}$ cup very cold evaporated milk |
| $\frac{1}{4}$ cup vinegar | Salad greens |
| $\frac{1}{4}$ cup water | |

Directions:

In small saucepan combine gelatin, sugar, mustard, and salt. Stir in vinegar and water and heat over low flame, stirring constantly until gelatin is dissolved. Remove from heat and chill until slightly thickened. Fold in salmon, celery, and capers. Beat evaporated milk until thick and fold into salmon mixture. Pour into individual molds and chill until set. Unmold onto serving dishes and garnish with salad greens.

FRUIT SALAD MOLD

Makes 6 servings (900 calories) ; 1 serving—150 calories

- | | |
|---------------------------------|--|
| 1 cup plain yogurt | 1 package (10 oz.) frozen strawberries, thawed |
| $\frac{1}{4}$ cup lemon juice | 1 cup orange sections |
| $\frac{1}{4}$ teaspoon salt | Lettuce or other salad greens |
| 1 can (8-oz.) pineapple tidbits | |
| 1 envelope unflavored gelatin | |

Directions:

Combine yogurt with lemon juice and salt. Drain juice from pineapple; add gelatin and heat over low heat until gelatin is dissolved. Stir into first mixture. Add berries; then beat with rotary beater until all is well mixed. Chill until mixture begins to thicken. Stir in pineapple and orange sections. Pour into 1-quart mold. Chill until set. Unmolded on platter and garnish with lettuce or salad greens.

VARIETY VEGETABLE SALAD

Makes 4 servings (400 calories) ; 1 serving—100 calories

- | | |
|--------------------------------------|--------------------------------------|
| 2 carrots, cut in strips, and cooked | 2 tablespoons low calorie mayonnaise |
| 1 cup cooked peas | 1 teaspoon lemon juice |
| 2 cups cooked string beans | 1 teaspoon celery salt |
| 1 onion, grated | Salt |
| 2 tablespoons chili sauce | Lettuce |
| 3 tablespoons skim milk | |

Directions:

Drain and chill cooked vegetables. Toss together. Combine chili sauce, milk, mayonnaise, lemon juice, celery salt, and salt. Mix with vegetables. Arrange on lettuce leaves.

Salads

RED AND WHITE CABBAGE SALAD

Makes 4 servings (84 calories) ; 1 serving—21 calories

2 cups finely shredded red cabbage	2 tablespoons chopped celery leaves
2 cups finely shredded white cabbage	2 tablespoons low calorie salad dressing
2 tablespoons grated onion or minced scallion	Salt and pepper to taste

Directions:

Toss all ingredients and serve immediately.

APPLESLAW

Makes 6 servings (360 calories) ; 1 serving—60 calories

1 medium-sized delicious or mackintosh apple	1 tablespoon prepared white horseradish
2 medium-sized greening apples	6 tablespoons low calorie French dressing
3 cups finely shredded cabbage	Lettuce or salad greens

Directions:

Core apples, but do not peel. Dice and combine with cabbage. Beat horseradish into dressing and mix with apples and cabbage. Serve immediately on lettuce leaves or salad greens.

HOT POTATO SALAD WITH CHEESE

Makes 6 servings (490 calories) ; 1 serving—81 calories

6 small potatoes	margarine
$\frac{1}{4}$ lb. pot cheese	1 tablespoon chopped chives
1 tablespoon low calorie	Salt and pepper

Directions:

Boil and peel potatoes and cut into cubes. Toss with pot cheese. Melt margarine, combine with chives and pour over potato mixture. Season with salt and pepper and serve immediately.

Salads

MOLDED CUCUMBER SALAD

Makes 4 servings (56 calories) ; 1 serving—14 calories

2 medium-sized cucumbers	1½ envelopes unflavored
2 teaspoons chopped onion or scallion	gelatin
1½ cups boiling water	2 tablespoons cold water
1 teaspoon salt	Salad greens

Directions:

Peel cucumbers and grate them. Combine with chopped onion or scallion, boiling water, and salt and simmer about 10 minutes. Soften gelatin in cold water and dissolve in hot cucumber mixture. Pour mixture into a mold and let cool. Chill in refrigerator until set. Unmold onto salad greens.

AVOCADO CITRUS MOLD

Makes 6 servings (810 calories) ; 1 serving—135 calories

1 package (3 oz.) lemon- flavored gelatin	½ cup diced grapefruit sections
1½ cups hot water	½ cup diced orange sections
½ cup grapefruit juice	1 med. diced avocado
¼ teaspoon salt	Salad greens

Directions:

Dissolve gelatin in hot water. Combine with grapefruit juice and add salt. Chill until mixture thickens slightly. Fold in fruits. Pour into mold and chill until set. Unmold onto salad greens.

EGG AND CELERY SALAD

Makes 4 servings (376 calories) ; 1 serving—94 calories

3 hard-cooked eggs, chopped	dressing
2 cups diced celery	Salad greens
⅔ cup low calorie French	Pimento strips

Directions:

Toss eggs, celery and dressing. Serve on bed of salad greens and garnish with pimento strips.

Salads

FRUIT OF THE SEA SALAD

Makes 4 servings (592 calories) ; 1 serving—148 calories

- | | |
|---|--|
| 1 lb. cold cooked lean fish (cod,
haddock, porgy, flounder,
etc.) | $\frac{1}{4}$ cup capers
Salt and pepper
Lettuce |
| 4 teaspoons lemon juice | |
| $\frac{1}{4}$ cup low calorie mayon-
naise | |

Directions:

Flake fish with a fork. Combine lemon juice, 2 tablespoons low calorie mayonnaise and salt and pepper. Mix with flaked fish. Mound salad onto lettuce leaves, top with remaining mayonnaise and garnish with capers.

JELLIED CRANBERRY SALAD

Makes 4 servings (about 280 calories) ; 1 serving—about 70 calories

- | | |
|--|---|
| 2 envelopes low calorie straw-
berry gelatin | $\frac{1}{2}$ cup orange sections, diced
$\frac{1}{2}$ cup chopped orange rind
2 tablespoons diced celery |
| $\frac{1}{4}$ teaspoon salt | |
| $1\frac{1}{2}$ cups hot water | |
| $\frac{2}{3}$ cup canned dietetic cran-
berries | |

Directions:

Combine gelatin and salt in hot water and dissolve. Chill until slightly thickened. Fold in remaining ingredients. Pour into individual molds and chill until firm.

PEACHY COTTAGE CHEESE SALAD

Makes 4 servings (604 calories) ; 1 serving—151 calories

- | | |
|--|---|
| 1 can (20-oz.) low calorie peach
halves | Liquid sweetener
$\frac{1}{4}$ teaspoon salt |
| Shredded chicory or lettuce | 1 teaspoon toasted sesame seed |
| $\frac{3}{4}$ cup cottage cheese | Nutmeg or allspice |
| 3 tablespoons lemon juice | |

Directions:

Place 2 peach halves per serving on a bed of chicory. Blend cottage cheese, lemon juice, and salt, and add liquid sweetener to taste. Fill peach halves with this mixture. Top each with a sprinkling of sesame seed and nutmeg or allspice.

Vegetables

MIDDLE EAST ARTICHOKE

Makes 8 servings (600 calories) ; 1 serving—75 calories

- | | |
|---------------------------------------|--------------------------------|
| 3 cans (15 oz. each) artichoke hearts | $\frac{1}{8}$ teaspoon oregano |
| $\frac{1}{4}$ cup vinegar | 1 clove garlic, crushed |
| 1 bay leaf, crushed | 1 medium-sized onion, chopped |
| Handful of celery leaves | 1 teaspoon salt |
| $\frac{1}{8}$ teaspoon thyme | $\frac{1}{4}$ teaspoon pepper |
| | 2 slices lemon |

Directions:

Drain juice from artichoke and pour into saucepan. Simmer juice with remaining ingredients 15 minutes. Strain and pour over artichoke hearts. Cool. Refrigerate 3-4 hours or overnight. Drain and serve cold with cold meats, or poultry.

ASPARAGUS WITH TOMATOES

Makes 4 servings (280 calories) ; 1 serving—70 calories

- | | |
|---|---------------------------------|
| 2 packages (10 oz. each) frozen asparagus, cooked according to package instructions | 2 teaspoons grated Swiss cheese |
| | 2 teaspoons butter or margarine |
| | 2 tomatoes, sliced thin |
| | Salt and pepper |

Directions:

Arrange cooked asparagus in ovenproof dish. Sprinkle grated cheese over; then dot with butter. Place tomato slices around asparagus, then bake in moderate (350° F.) oven only until cheese browns and vegetables are heated through.

GREEN BEANS NORTHEAST STYLE

Makes 4 servings (300 calories) ; 1 serving—75 calories

- | | |
|--------------------------|---------------------|
| 1 lb. green beans | 2 teaspoons sugar |
| 1 tablespoon milk | 1 tablespoon butter |
| 1 tablespoon light cream | Salt and pepper |

Directions:

Clean beans and cut into 1-inch pieces. Place in saucepan and add water just to cover. Cover and bring to a boil quickly; then lower heat and simmer until beans are tender. Drain off liquid, then toss with remaining ingredients.

Vegetables

CARAWAY CARROTS

Makes 4 servings (168 calories) ; 1 serving—42 calories

- | | |
|--|-------------------------------------|
| 1 lb. cooked or canned carrots | ½ teaspoon grated lemon rind |
| 2 teaspoons butter or
margarine, melted | 1 teaspoon caraway seed |
| 2 tablespoons lemon juice | Salt and pepper |

Directions:

To hot cooked or canned carrots, drained, add butter, lemon juice and rind, and caraway seed. Season with salt and pepper to taste. Serve hot.

BROCCOLI-TOMATO BAKE

Makes 4 servings (240 calories) ; 1 serving—60 calories

- | | |
|--|---|
| 1 medium-sized bunch broccoli,
cooked | 2 tablespoons grated Parmesan
or Romano cheese |
| ¾ cup stewed tomatoes | 1 tablespoon chopped parsley |

Directions:

Chop cooked broccoli coarsely. Combine with tomatoes and pour into baking dish. Mix grated cheese with parsley and sprinkle over vegetables. Bake in moderate (350° F.) oven about 30 minutes or until vegetables are heated through and cheese has browned lightly.

OVEN-BRAISED CELERY

Makes 4 servings (200 calories) ; 1 serving—50 calories

- | | |
|---|-------------------------|
| 4 celery hearts | ½ cup bouillon |
| 1½ tablespoons butter or
margarine | ¼ teaspoon thyme |
| | Salt and pepper |

Directions:

Melt butter in saucepan and add remaining ingredients. Simmer, covered, about 20 minutes until celery is tender. Place in a preheated moderate (350° F.) oven and cook uncovered until most of the liquid is absorbed.

Vegetables

SAUTEED PEPPERS

Makes 4 servings (280 calories) ; 1 serving—70 calories

2 large green peppers
2 medium red peppers
2 tablespoons butter or
margarine

Salt and pepper

Directions:

Cut peppers into eighths; remove seeds and tough membrane. Place in skillet, cover with boiling salted water and parboil, covered, about 3-4 minutes. Drain thoroughly. Add butter to pan and saute peppers gently until lightly browned. Season to taste.

TOMATO BRAISED CELERY

Makes 4 servings (88 calories) ; 1 serving—22 calories

1 large bunch celery
 $\frac{1}{4}$ cup tomato juice

$\frac{1}{4}$ teaspoon salt
 $\frac{1}{8}$ teaspoon marjoram or basil

Directions:

Remove leaves from celery, wash stalks, and cut into 1-inch pieces. Heat celery in tomato juice, add salt and marjoram or basil. Simmer covered about 10-15 minutes or until celery is just tender.

HARVARD BEETS

Makes 6 servings (300 calories) ; 1 serving—50 calories

3 cups cooked or canned sliced
beets
2 teaspoons liquid sweetener
1 tablespoon cornstarch

$\frac{1}{2}$ cup beet juice
 $\frac{1}{2}$ cup cider vinegar
Salt

Directions:

Combine sweetener, cornstarch, beet juice and vinegar. Bring to a boil slowly, stirring constantly until sauce has thickened. Add beets and salt and allow to simmer until beets are heated through, about 15 minutes.

BOILED ONIONS

Makes 6 servings (180 calories) ; 1 serving—30 calories

6 medium-sized yellow onions
Salt and pepper

Nutmeg or allspice

Vegetables

Directions:

Peel onions and cook in rapidly boiling salted water until tender, about 20 minutes. Drain thoroughly, then season with salt and pepper and a sprinkling of grated nutmeg or allspice.

GOLDEN POTATOES

Makes 4 servings (640 calories) ; 1 serving—160 calories

- | | |
|--|--------------------------------|
| 4 medium-sized potatoes, peeled and diced | 2 small onions, chopped |
| 4 medium-sized carrots, peeled and sliced | 1 cup skim milk, heated |
| | Salt and pepper |
| | Minced parsley |

Directions:

Cook potatoes, carrots, and onions in just enough water to cover. Make sure pan is covered tightly. When vegetables are tender, but not mushy, remove from heat, drain. Mash and beat in milk, salt and pepper. Garnish with parsley.

SPINACH SOUFFLE

Makes 4 servings (300 calories) ; 1 serving—75 calories

- | | |
|--|------------------------------|
| 1 package (10 oz.) frozen chopped spinach | Salt |
| 2 teaspoons diet margarine | ½ teaspoon onion salt |
| 1 tablespoon flour | Dash of nutmeg |
| | 2 eggs, separated |

Directions:

Cook spinach according to package directions. Drain off liquid, reserving ½ cup. Melt margarine in saucepan; blend in flour; then gradually stir in reserved spinach liquid. Cook, stirring constantly over medium heat, until mixture thickens. Blend in spinach; then stir in seasonings. Beat egg yolks and stir in. Beat egg whites until stiff, but not dry and fold into spinach mixture. Pour into greased baking dish. Cover baking dish and place in pan of hot water. Bake in preheated moderate (350° F.) oven for about 30 minutes. Remove cover from dish, increase oven heat to 375° F. and bake an additional 10 minutes or until souffle holds firm.

BLUSHING CAULIFLOWER

Makes 4 servings (about 200 calories) ; 1 serving—about 50 calories

- | | |
|--|------------------------|
| 1 medium-sized cauliflower | Salt and pepper |
| ½ cup tomato juice | |
| 3-4 tablespoons grated Swiss cheese | |

Vegetables

Directions:

Discard tough outer leaves of cauliflower, parboil whole cauliflower in salted water. Drain thoroughly. Place in baking dish, flowerest side up. Pour tomato juice over, sprinkle with grated cheese, salt and pepper. Bake, uncovered, in moderate (350° F.) oven until cauliflower is tender, about 30-35 minutes.

BROILED MUSHROOM CAPS

Makes 4 servings (about 100 calories) ; 1 serving—about 25 calories

- | | |
|----------------------------------|-----------------------------|
| 12 large mushrooms | ¼ teaspoon dill weed |
| 2 teaspoons butter | Salt |
| ½ teaspoon chopped chives | |

Directions:

Remove stems from mushrooms and reserve for sauce or soup. Melt butter and add chives, dill weed, and salt. Cook about 3 minutes over low flame. Place mushroom caps, rounded side up in lightly greased shallow baking pan. Brush with seasoned melted butter. Broil under medium flame until nicely browned.

BAKED ACORN SQUASH

Makes 4 servings (380 calories) ; 1 serving—95 calories

- | | |
|--|-----------------------|
| 2 medium-sized squash | Dash of nutmeg |
| 4 teaspoons dark brown sugar | |
| 2 teaspoons butter or
margarine | |

Directions:

Halve squash and remove seeds. Place 1 teaspoon brown sugar, ½ teaspoon butter and a dash of nutmeg in hollow of each. Bake in preheated moderate (375° F.) oven about 45 minutes. Baste occasionally with syrup in squash.

GREEN PEAS WITH MINT

Makes 4 servings (228 calories) ; 1 serving—57 calories

- | | |
|---|-------------------------------------|
| 1 package (10 oz.) frozen
green peas | Salt and pepper |
| 1 tablespoon minced onion | 1 teaspoon dried mint leaves |
| 1 tablespoon butter or
margarine | |

Vegetables

BAKED TOMATOES

Makes 4 servings (180 calories) ; 1 serving—45 calories

- | | |
|---------------------------------------|---------------------------------|
| 4 medium tomatoes, cut in half | ¼ teaspoon basil |
| 1 tablespoon butter | 1 heaping tablespoon dry |
| 1 onion, chopped | breadcrumbs |
| 1 tablespoon chopped parsley | Salt and pepper |

Directions:

Saute onion in butter in heavy fry pan. Stir in remaining ingredients except tomatoes until thoroughly blended, then remove from heat. Place tomatoes, cut side up in a baking dish. Top each half with sauteed onions and herbs. Bake in a preheated hot (450° F.) oven 10 minutes or until topping is brown and tomatoes are tender but not mushy.

BOILED CABBAGE

Makes about 4 servings (244 calories) ; 1 serving—61 calories

- | | |
|---------------------------------|------------------------|
| 1 small cabbage | Salt and pepper |
| ½ teaspoon caraway seeds | Paprika |
| 3 teaspoons butter | |

Directions:

Wash cabbage, remove coarse outer leaves and shred with a knife. Place in pan, add caraway seeds, butter, salt, and pepper, and cover with boiling water. Cook over high flame uncovered 2 minutes; then cover and cook until just tender. Drain and garnish each serving with a sprinkling of paprika.

Desserts

CHOCOLATE CHIFFON

Makes 8 servings (900 calories) ; 1 serving—125 calories

- | | |
|---|--------------------------------------|
| 1 envelope (1 tablespoon unflavored gelatin | 3 eggs, separated |
| $\frac{1}{2}$ cup sugar | $1\frac{1}{2}$ cups milk |
| Dash of salt | 1 teaspoon vanilla or almond extract |
| $\frac{1}{3}$ cup cocoa | |

Directions:

Mix gelatin, $\frac{1}{4}$ cup sugar, salt and cocoa in the top of a double boiler. Beat egg yolks and milk together and stir into gelatin mixture. Cook over boiling water until gelatin is completely dissolved, stirring constantly. Remove pan from heat and add flavoring extract. Chill mixture until slightly thickened. Beat egg whites until stiff, but not dry, adding rest of sugar ($\frac{1}{4}$ cup) gradually. Fold chocolate mixture into egg whites and pour into individual molds or a 4-cup mold. Chill until firm. Unmold.

CHERRY PLEASURE

Makes 2 servings (150 calories) ; 1 serving—75 calories

- | | |
|------------------------------------|---|
| 1 envelope dietetic cherry gelatin | 1 cup hot water |
| Dash of salt | 2 tablespoons pitted fresh cherries, sliced |
| Dash of cinnamon | 1 small banana, sliced |
| Dash of nutmeg | |

Directions:

Combine gelatin, salt, and spices. Add hot water and stir until gelatin is completely dissolved. Chill until slightly thickened. Fold in cherries and bananas. Pour into two small molds. Chill until set. Garnish with additional whole cherries.

COTTAGE APPLESAUCE

Makes 4 servings (315 calories) ; 1 serving—79 calories

- | | |
|------------------------------------|-----------------------------|
| 1 cup cottage cheese (Skim milk) | Dash of cinnamon or nutmeg |
| 2 cups cold unsweetened applesauce | 4 Orange slices or segments |

Directions:

Mix cottage cheese and applesauce and place in chilled bowl or individual serving dishes. Top with a dash of cinnamon or nutmeg and garnish with orange.

Desserts

GRAPE-LIME FROTH

Makes 4 servings (220 calories) ; 1 serving—55 calories

2 envelopes dietetic lime
gelatin
1 cup hot water
 $\frac{1}{2}$ cup cold water

10 tablespoons unsweetened
grape juice
30-36 seedless green grapes

Directions:

Dissolve gelatin in hot water. Pour $\frac{1}{2}$ cup of dissolved gelatin into small bowl and add the cold water. Chill until slightly thickened. Add grape juice to remaining (liquid) gelatin and pour into 4 glass dessert glasses. Chill until set. Meanwhile, beat thickened gelatin until frothy. Chill until mixture stands in peaks. Add grapes to whipped gelatin and pile onto chilled firm gelatin in dessert glasses.

ORANGE CUSTARD DELIGHT

Makes 6 servings (570 calories) ; 1 serving—95 calories

$\frac{1}{2}$ cup instant non-fat dry milk
powder
2 cups water
6 eggs
 $\frac{1}{4}$ cup sugar

Dash salt
 $\frac{1}{2}$ teaspoon almond or lemon
extract
 $\frac{1}{2}$ teaspoon (or more, to
taste) grated orange rind

Directions:

Combine instant non-fat dry milk powder with water. Pour into top of double boiler and scald over hot water. Beat eggs until thick; then beat in sugar, salt, flavoring, and grated orange rind. Stir scalded milk into egg mixture gradually until thoroughly blended. Pour into six custard cups. Set cups into pan of hot water (about 1 inch of water) and bake in preheated moderate (350° F.) oven about 45 minutes, or until knife inserted into center of custard comes out clean. Cool, then chill before serving.

COFFEE ORANGE SPONGE

Makes 6 servings (300 calories) ; 1 serving—50 calories

1 envelope (1 tablespoon)
unflavored gelatin
2 cups skimmed milk
1 tablespoon powdered coffee
Dash of salt

1 teaspoon liquid sweetener
1 teaspoon vanilla extract
1 tablespoon orange-flavored
liqueur
2 beaten egg whites

Directions:

Dissolve gelatin in milk. Pour into pan, add powdered coffee and heat, stirring constantly, until gelatin and coffee are dissolved. Add salt and sweetener. Remove from heat, cool, and chill until slightly thickened. Stir in vanilla extract and orange-flavored liqueur; then fold in beaten egg whites. Chill until set.

Desserts

PEACH MERINGUE

Makes 6 servings (870 calories) ; 1 serving—145 calories

12 canned or stewed peach halves	2 egg whites
2 tablespoons dark brown sugar	4 tablespoons very fine sugar
1 tablespoon melted butter	2 teaspoons water
2 teaspoons lemon juice	Dash of salt
½ cup sweet vermouth	¼ teaspoon cream of tartar
	Few drops almond extract

Directions:

Arrange peaches, hollow side up in glass pie plate. Mix brown sugar, butter, lemon juice, and vermouth, and spoon into peach hollows. Beat egg whites, water, salt, and cream of tartar until stiff but not dry. Beat in sugar gradually, then almond extract. Top each peach half with a spoonful of the meringue. Bake in moderate (350° F.) oven until meringue is golden brown, about 15-20 minutes.

BLENDER PEAR SHERBET

Makes 6 servings (870 calories) ; 1 serving—145 calories

1 cup plain yogurt	½ cup honey
2 cups peeled, cored, and sliced ripe pears	½ cup orange juice

Directions:

Pour all ingredients, as listed above, into electric blender. Whir about 1 minute to blend ingredients completely. Pour into refrigerator tray and freeze until mixture is firm around the edges. Pour mixture into chilled bowl and whip until smooth and light. Refreeze in refrigerator tray until set. About 15 minutes before serving time, remove from freezer and spoon into serving dishes.

LEMONY SPONGE CAKE

Makes one 10-inch cake (1,735) calories) ; 1 serving—217 calories

5 eggs, separated	Grated rind of 1 lemon
1 cup very fine sugar	1 teaspoon lemon extract
5 tablespoons water	1 teaspoon cream of tartar
1 cup cake flour, sifted	½ teaspoon salt

Directions:

Beat egg yolks, sugar, and water until light and fluffy. Gradually add flour, grated lemon rind, and lemon extract. Blend thoroughly. Beat egg whites until foamy; then add cream of tartar and salt. Beat until stiff but not dry. Fold beaten egg whites into first mixture. Pour batter into ungreased 10-inch tube pan and bake in preheated slow (350° F.) oven about 1 hour and 10 minutes, or until cake tests done.

Desserts

SPICY CUPCAKES

Makes 18 cupcakes (2880 calories) ; 1 cupcake—160 calories

1½ cup creamed cottage cheese	1½ cup unsifted flour
¼ cup butter or margarine	½ teaspoon salt
1¾ cup brown sugar sugar, packed tight	½ teaspoon baking powder
Grated rind of 1 lemon	½ teaspoon cinnamon
1 egg, beaten	¼ teaspoon each, ginger and nutmeg
	1 cup chopped dates, or raisins

Directions:

Grease muffin tins or line with paper liners. Put cottage cheese through a sieve or strainer. Cream shortening and ¼ cup brown sugar until light and fluffy. Add lemon rind and egg and beat well. Add cottage cheese and remaining sugar and mix thoroughly. Combine dry ingredients and blend well with cottage cheese mixture. Fold in dates or raisins. Pour into muffin tins (about 2/3 full). Bake in moderate (350° F.) oven about 30-35 minutes or until cupcakes test done.

BAKED COCONUT CUSTARD

Makes 6 servings (930 calories) ; 1 serving—155 calories

3 eggs, beaten slightly	1 teaspoon vanilla extract
6 tablespoons sugar	6 tablespoons grated coconut
¼ teaspoon salt	Nutmeg
3 cups hot skim milk	

Directions:

Add sugar and salt to beaten eggs. Stir in milk gradually, then vanilla and grated coconut. Blend together thoroughly and pour custard into custard cups. Sprinkle each cup with nutmeg. Place cups in a pan of hot water. Bake in preheated slow (325° F.) oven 30-40 minutes, or until a knife inserted in the center comes out clean.

Desserts

CRUMB-TOPPED COFFEE CAKE

Makes about 9 servings (1110 calories) ; 1 serving—123 calories

CAKE:

- 1 package active dry yeast
- $\frac{1}{4}$ cup lukewarm water
- $\frac{1}{3}$ cup milk, scalded
- 1 tablespoon sugar
- 1 egg, beaten slightly
- 2 teaspoons liquid sweetener
- $1\frac{1}{2}$ cups flour

TOPPING:

- 1 tablespoon softened butter
- 1 teaspoon liquid sweetener
- $\frac{1}{8}$ teaspoon cinnamon
- $\frac{1}{4}$ cup fine bread crumbs

Directions:

Dissolve yeast in warm water. Cool scalded milk until lukewarm. Add dissolved yeast, sugar, sweetener, salt, beaten egg and $\frac{3}{4}$ cups flour. Beat well. Stir in remaining flour. Batter should be thick. Cover and let rise about 1 hour until double its bulk. Transfer dough into greased 8 x 8 x 2-inch baking pan. Sprinkle with crumb topping and let rise until dough again doubles. Bake in hot (400° F. oven) until done, about 30 minutes.

To make topping, combine butter, liquid sweetener, cinnamon, and bread crumbs. Stir until thoroughly blended.

COCONUT PINEAPPLE DREAM

Makes about 8 servings (864 calories) ; 1 serving—108 calories

- | | |
|--|--|
| $1\frac{3}{4}$ cups canned crushed pineapple | $\frac{1}{2}$ cup instant nonfat dry milk powder |
| 1 envelope (1 tablespoon) unflavored gelatin | $\frac{1}{2}$ cup ice water |
| $\frac{1}{4}$ teaspoon vanilla extract | 2 tablespoons lemon juice |
| $\frac{1}{2}$ cup shredded coconut | $\frac{1}{4}$ cup sugar |

Directions:

Drain syrup from pineapple and add water to make 1 cup liquid. Sprinkle gelatin over liquid to dissolve. Cook over low heat, stirring until gelatin is completely dissolved. Remove from heat and add pineapple and vanilla. Chill until slightly thickened. Mix instant nonfat dry milk powder with ice water and beat until soft peaks form. Add lemon juice. Continue beating (about 3-4 minutes longer) until firm peaks form. Gradually add sugar. Fold gelatin mixture and coconut into whipped milk. Spoon into dessert dishes and chill.

Desserts

FRESH FRUITS WITH KIRSCH

Makes 4 servings (600 calories); 1 serving—150 calories

- | | |
|-----------------------|------------------------|
| 1 medium sized orange | 2 tablespoons sugar |
| 1 grapefruit | 1 liqueur glass Kirsch |
| 2 slices pineapple | 1 banana |
| 1 large apple | |

Directions:

Peel orange and grapefruit; separate sections; and remove membrane. Peel pineapple and apple; cut into 1-inch cubes, and mix with sugar. Toss with orange and grapefruit and pour Kirsch over all. Chill thoroughly. Top with sliced banana just before serving.

COFFEE SPONGE

Makes 5 servings (348 calories); 1 serving—70 calories

- | | |
|---|--------------------------|
| 1 envelope (1 tablespoon) un-flavored gelatin | $\frac{1}{4}$ cup sugar |
| $\frac{1}{4}$ cup cold water | 1 cup skim milk, scalded |
| 1 tablespoon powdered coffee | 2 egg whites |

Directions:

Soften gelatin in cold water. Dissolve coffee and sugar in milk. Pour over gelatin and stir until thoroughly blended. Chill until slightly thickened. Beat egg whites stiff but not dry. Fold whites into gelatin mixture. Pour into small molds and chill until set.

COGNAC FLUFF

Makes 4 servings (600 calories); 1 serving—150 calories

- | | |
|------------------------------|--------------------------|
| 4 egg yolks | $\frac{1}{4}$ cup cognac |
| 2 tablespoons powdered sugar | 5 egg whites |

Directions:

Beat egg yolks and sugar until thick. Slowly stir in brandy. Whip egg whites until stiff but not dry; carefully fold into first mixture. Pour into buttered soufflé dish and bake in hot (450° F.) oven about 10-14 minutes.

Sauces and Dressings

APPLE HORSERADISH SAUCE

Makes about $1\frac{1}{2}$ cups (264 calories); 1 tablespoon—11 calories

3 tart apples, peeled and cored	2 teaspoons sugar
2 tablespoons vinegar	$\frac{1}{2}$ cup beef bouillon, heated (use bouillon cube)
3 tablespoons prepared horseradish	Pinch of salt

Directions:

Grate apples into an earthenware or glass bowl. Stir in vinegar immediately so apples will not discolor. Blend in horseradish, sugar, and bouillon. Serve with meat or fish.

SILHOUETTE SALAD DRESSING

Makes about $\frac{3}{4}$ cup (192 calories); 1 tablespoon—16 calories

$\frac{1}{2}$ cup wine vinegar	Salt
3 egg yolks	$\frac{1}{4}$ teaspoon cayenne pepper or paprika
$\frac{1}{2}$ teaspoon prepared mustard	

Directions:

Heat vinegar in small saucepan. Beat egg yolks with salt and spices in top of double boiler, over simmering water, until thick. Gradually stir in heated vinegar and cook until thick. Remove from flame. Cool and chill.

HERBED YOGURT DRESSING

Makes about 2 cups (600 calories); 1 tablespoon—20 calories

1 container plain yogurt	1 tablespoon lemon juice
$\frac{1}{4}$ cup celery, chopped finely	1 tablespoon horseradish
$\frac{1}{4}$ cup mayonnaise	2 teaspoons sugar
2-3 scallions, sliced	Salt and pepper to taste

Directions:

Combine all ingredients and beat thoroughly until well blended. Serve cold as dressing for vegetable salads or on cold meat, poultry, or seafood.

Sauces and Dressings

SAUCE MARINARA

Makes about 1 cup (60 calories) ; 1 tablespoon—4 calories

1 cup chopped tomatoes	Pinch of oregano
1 bouillon cube	Pinch of rosemary
½ clove garlic, crushed	½ cup water

Directions:

Combine all ingredients and simmer about ½ hour until sauce thickens slightly. Serve over seafood, chicken, or pasta.

FRUIT SALAD DRESSING

Makes about ¼ cup (72 calories) ; 1 tablespoon—6 calories

3-4 tablespoons lemon juice, depending upon tartness desired	¼ teaspoon salt
	¼ teaspoon paprika
	Dash of nutmeg
½ cup orange juice	

Directions:

Combine all ingredients and stir until well blended. Pour into bottle and chill in refrigerator. Just before using, shake well.

LATIN AMERICAN SAUCE

Makes about 2 cups (128 calories) ; 1 tablespoon—about 5 calories

1 tablespoon diet margarine	½ cup chopped celery
1 cup chopped tomatoes	2 teaspoons Worcestershire
1 small green pepper, minced	sauce
1 tablespoon grated onion	Salt

Directions:

Simmer all ingredients but Worcestershire sauce in covered saucepan until vegetables are tender. Stir occasionally. Just before serving add Worcestershire sauce. Serve over broiled fish, meats, poultry, scrambled eggs, rice, or pasta.

Sauces and Dressings

DIETERS DELIGHT CHUTNEY DRESSING

Makes about 1½ cups (360 calories) ; 1 tablespoon—15 calories

**1 cup low calorie French
dressing**

**½ cup chutney
1 tablespoon curry powder**

Directions:

Combine all ingredients and blend thoroughly. Serve over green salads, cold meats, poultry, or fish.

DIET MAYONNAISE

Makes about 1 cup (240 calories) ; 1 tablespoon—15 calories

**1 cup plain yogurt
1 hard-cooked egg, mashed
to a paste**

**1 tablespoon lemon juice
¼ teaspoon celery salt
¼ teaspoon prepared mustard**

Directions:

Combine all ingredients and beat until thoroughly blended. Chill for at least an hour before serving.

ROSY CREAM SAUCE

Makes about ½ cup (80 calories) ; 1 tablespoon—10 calories

**2 tablespoons instant non-fat
dry milk**

½ teaspoon cornstarch

½ cup warm water

1 bouillon cube

1 teaspoon paprika

(or more, if desired)

Salt and pepper

Directions:

Combine dry milk and cornstarch with water in small saucepan, and stir until smooth. Add bouillon cube and bring to a boil, stirring constantly. Reduce heat and add paprika. Simmer until cube dissolves and season with salt and pepper. Serve over hot vegetables.

Beverages

PIQUANT PUNCH

Makes 32 ($\frac{1}{2}$ -cup) servings (1420 calories); 1 serving—44 calories

6 tablespoons tea leaves	3 cups cold water
$\frac{1}{2}$ teaspoon each nutmeg, cinnamon, and allspice	1 cup orange juice
5 cups boiling water	$\frac{1}{2}$ cup lemon juice
Liquid sweetener to taste	2 quarts cranberry juice cocktail

Directions:

Tie tea leaves and spices in a cheesecloth bag and steep in 5 cups boiling water. Cover, remove from heat, and steep 5 minutes. Remove the bag and add liquid sweetener. Cover and let cool. Add cold water and juices and stir thoroughly. Chill and serve over ice.

SPARKLING FRUIT PUNCH

Makes 32 ($\frac{1}{2}$ -cup) servings (1440 calories); 1 serving—45 calories

1 can (6-oz.) frozen pineapple juice	1 can (6-oz.) frozen lemonade
1 can (6-oz.) frozen orange juice	10 cups water
	1 bottle (1 quart) ginger ale

Directions:

Combine all ingredients except ginger ale and mix well. Add ginger ale and pour over ice. Serve immediately.

SPICED APPLE NECTAR

Makes 4 servings (250 calories); 1 serving—62 calories

2 cups unsweetened apple juice	$\frac{1}{4}$ teaspoon powdered ginger
1 cinnamon stick	Dash of nutmeg
	Carbonated water

Directions:

Heat apple juice and spices together. Remove cinnamon stick. Chill juice. Pour into 4 chilled glasses and fill each with carbonated water.

Beverages

COFFEE COOLER

Makes 4 servings (90 calories); 1 serving—22 calories

2 cups cold strong coffee	2 drops vanilla extract,
1 cup carbonated water	or to taste
$\frac{2}{3}$ cup skim milk	$\frac{2}{3}$ cup crushed ice

Directions:

Combine all ingredients in large shaker, cover, and shake vigorously until well blended. Serve in chilled glasses.

MINTEA

Makes 4 servings (42 calories); 1 serving—about 11 calories

2 springs fresh mint	Juice of two lemons
2 cups hot strong tea	$\frac{1}{4}$ teaspoon powdered ginger
$\frac{1}{3}$ cup fresh orange juice	

Directions:

Crush the mint. Combine tea with orange and lemon juices and add mint. Blend ginger with $\frac{1}{3}$ cup hot water and add to fruit juices. Add 1 cup cold water and stir to blend thoroughly. Cool, then chill in refrigerator.

CINNAMON COCOA

Makes 2 servings (about 160 calories); 1 serving—80 calories

5 tablespoons instant non-fat	Liquid no-calorie sweetener
dry milk powder	$1\frac{1}{2}$ cups water
2 tablespoons cocoa powder	2 cinnamon sticks

Directions:

Combine all ingredients except cinnamon in saucepan, stirring to blend thoroughly. Simmer and let come almost to a boil. Remove from heat and serve with cinnamon stick in each cup as stirrer.

Hebrew Menu

SAUERKRAUT SOUP

Makes 8 servings (1950 calories) ; 1 serving—243 calories

1 tablespoon fat	2 quarts water
2 lbs. flank steak	2 teaspoons salt
1½ cups chopped onions	1 cup potatoes, peeled
2-3 beef bones	and cubed
1 lb. sauerkraut	

Directions:

Melt the fat in a large saucepan; brown the meat and onions. Add beef bones, sauerkraut, water, and salt. Bring to a boil, cover and simmer about 2 hours. Add potatoes and let cook about 20 minutes longer. Serve soup piping hot. (Cut meat into serving portions and serve separately, or reserve and serve cold with horseradish.)

PICKLED TONGUE

Makes 8 servings (870 calories) ; 1 serving—109 calories

5 lb. pickled tongue	2 garlic cloves
2 onions, stuck with four cloves	2-3 bay leaves

Directions:

Rinse the tongue. Place in deep saucepan. Add remaining ingredients and cover with water. Bring to a boil, cover, and cook over low heat 3½ hours or until tender. Cool the tongue in the stock; remove, peel off skin and remove root ends. Serve hot or cold.

SWEET AND SOUR STRING BEANS

Makes 8 servings (250 calories) ; 1 serving—31 calories

2 packages (10 oz. each) frozen string beans	3 cloves
1 cup boiling salted water	Sweetener equal to 2 tablespoons sugar
Dash pepper	4 tablespoons vinegar
1 bay leaf	3 tablespoons diet margarine

Directions:

Place string beans in saucepan; cover with boiling salted water. Add pepper, bay leaf, and cloves. Cook, covered, over low heat 5 minutes. Drain and add sweetener, vinegar and margarine. Cook 5 minutes more, stirring constantly. Remove cloves and bay leaf.

Hebrew Menu

APPLE-CARROT TZIMMES

Makes 8 servings (585 calories) ; 1 serving—73 calories

4 cups grated carrots	2 teaspoons sugar
1 tablespoon fine barley	$\frac{1}{4}$ teaspoon allspice
1 cup grated apples	$\frac{1}{2}$ teaspoon salt
3 tablespoons diet margarine	

Directions:

Combine all ingredients in a saucepan. Cook, covered, over low heat until barley is tender, about 2 hours. Serve hot.

LAYER CAKE

Makes 2 8-inch cakes (920 calories) ; 1 serving ($\frac{1}{8}$)—115 calories

6 eggs, separated	$\frac{1}{8}$ teaspoon salt
$\frac{1}{3}$ cup sugar	$\frac{1}{2}$ teaspoon lemon extract
$\frac{1}{2}$ cup cake flour, sifted before measuring	

Directions:

Beat the egg yolks; gradually add sugar. Beat until thick and lemon-colored. Sift flour with salt and baking powder into first mixture and fold in. Stir in lemon extract. Beat egg whites until stiff but not dry. Fold into main mixture. Grease 2 8-inch layer cake pans and dust with flour. Pour in dough. Bake in preheated moderate (350° F.) oven until brown; and test with cake tester. Cool on rack. To fill, use choice of cooked fruit; top with low calorie whipped cream if desired.

French Menu

HORS D'OEUVRE

STUFFED CELERY (CELERIS FARCI)

Makes 4 servings (180 calories) ; 1 serving—45 calories

4 stalks celery	4 tablespoons cottage cheese
6 jumbo pitted black olives, finely chopped	Pinch of salt
	1 tablespoon chopped pimento

Directions:

Rinse celery and dry thoroughly. Mix olives and cottage cheese until mixture is smooth. Add salt to taste. Stuff celery with mixture. Top each serving with chopped pimento.

SOUP

ONION SOUP (SOUPE A L'OIGNON)

Makes 4 servings (850 calories) ; 1 serving—212 calories

4 onions, thinly sliced	4 thin slices toasted French bread
2 tablespoons butter	
6 cups beef bouillon, made from bouillon cubes	4 tablespoons grated Parmesan cheese

Directions:

Saute onions in butter in large saucepan. Add bouillon and simmer 30 minutes. Pour soup into 4 small ovenproof bowls and float toasted French bread on top of each serving. Sprinkle with Parmesan cheese. Place bowls in hot (425° F.) oven until cheese melts, about 5 minutes.

ENTREE

ROAST CHICKEN (POULET ROTI)

Makes 4 servings (800 calories) ; 1 serving—200 calories

1 3-lb. roasting chicken	Salt
1 bunch watercress	Diet margarine

Directions:

Truss chicken and place on rack in shallow roasting pan. Rub skin with margarine and salt. Roast in hot (400° F.) oven, about 1 hour. Baste frequently with pan drippings. Just before removing chicken from oven sprinkle with additional salt. Place chicken on serving platter and keep warm. Garnish with watercress. Strain pan drippings into a small gravy dish and serve with chicken.

French Menu

ACCOMPANIMENTS

MUSHROOMS NICOISE (CHAMPIGNONS NICOISE)

Makes 4 servings (450 calories) ; 1 serving—113 calories

12 large mushroom caps	2 tablespoons olive oil
1 can (1 lb. 12 oz.) tomatoes, drained and mashed	1 tablespoon chopped parsley
Salt and pepper	4 pitted black olives, chopped fine

Directions:

Clean mushroom caps. Arrange cut side up in lightly greased baking dish. Bake in moderate (350°F.) oven 5 minutes. Fill hollows with tomatoes. Sprinkle with salt, pepper, and oil. Bake 15 minutes. Remove from oven and sprinkle with parsley and olives.

DESSERT

STRAWBERRIES IN PORT WINE (FRAISES AU VIN)

Makes 4 servings (620 calories) ; 1 serving 155 calories

1 pint fresh strawberries	½ cup port wine
¼ cup very fine sugar	

Directions:

Wash and hull strawberries. Sprinkle powdered sugar over and toss so sugar is evenly distributed. Sprinkle port wine over berries. Cover and place in refrigerator for several hours. Serve well chilled.

HORS D'OEUVRE

EGGPLANT CAVIAR

Makes 8 servings (480 calories) ; 1 serving—60 calories

1 eggplant	2 tablespoons chopped parsley
2 tablespoons olive oil	1 garlic clove, minced
2 tablespoons lemon juice	½ teaspoon salt
2 tablespoons finely chopped scallion	¼ teaspoon pepper

Directions:

Bake eggplant whole and unpeeled 1 hour in hot (450°F.) oven. Peel. Chop and place in large bowl. Add remaining ingredients and mix well. Chill and serve as dip for other raw vegetables or melba toast.

French Menu

SPICY MUSHROOMS

Makes 4 servings (180 calories) ; 1 serving—45 calories

$\frac{1}{2}$ lb. small mushrooms	$\frac{1}{4}$ teaspoon pepper
Juice of $\frac{1}{2}$ lemon	1 teaspoon prepared mustard
17 tablespoons olive oil	1 tablespoon chopped parsley
$\frac{1}{2}$ teaspoon salt	

Directions:

Clean and trim mushrooms. In small saucepan combine mushrooms, lemon juice, salt, pepper, and olive oil. Cover and cook over brisk flame 10 minutes. Cool in juice. Use slotted spoon to remove mushrooms from juice, and place on serving dish. Add mustard to juice and blend well. Pour over mushrooms and garnish with parsley.

RADISHES (RADIS)

Makes 4 servings (220 calories) ; 1 serving—55 calories

16 radishes	Salt
4 pats sweet butter	

Directions:

Scrub radishes and remove leaves. Serve with individual pats of sweet butter and salt.

SOUP

SHRIMP BISQUE

Makes 6 servings (720 calories) ; 1 serving—120 calories

2 cups canned or cooked shrimp, diced	2 cups skim milk
1 tablespoon melted butter	2 tablespoons instant nonfat dry milk powder
1 onion, chopped	Salt
$\frac{1}{4}$ lb. fresh mushrooms, chopped	1 teaspoon lemon juice
2 $\frac{1}{2}$ cups chicken bouillon	1 tablespoon chopped parsley

Directions:

Saute onions and mushrooms in butter in large saucepan until tender, about 10 minutes. Add bouillon, milk, dry milk powder, and salt and simmer 15 minutes. Add shrimp, stir in lemon juice and simmer another 3-4 minutes. Garnish with chopped parsley.

French Menu

EGGS

EGGS BEROY

Makes 4 servings (600 calories) ; 1 serving—150 calories

4 eggs	2 tablespoons tomato sauce
Salt and pepper	4 small pork sausages, cooked

Directions:

Butter a pie pan or shallow ovenproof dish lightly. Break eggs into pan. Sprinkle with salt and pepper. Bake in preheated hot (400°F.) oven 15 minutes. Spread tomato sauce and sausages around yolks. Bake another 5 minutes. Serve piping hot from baking dish.

OMELETTE A L'OIGNON

Makes 2 servings (420 calories) ; 1 serving—210 calories

4 small eggs	2 tablespoons diet margarine
1 large onion, sliced paper thin	Salt and pepper

Directions:

Beat eggs until frothy. Melt butter in frying pan and cook onions until lightly browned. Add salt and pepper to eggs; beat again and pour over onion in frying pan. Cook slowly, lifting up edge of omelet to allow liquid portion of egg to run under. When lightly browned, fold over. Cook 1 minute and serve immediately.

ACCOMPANIMENTS

VEGETABLE STEW (RATATOUILLE)

Makes 6 servings (538 calories) ; 1 serving—90 calories

1 small eggplant, sliced	2 green peppers, chopped
3 medium-sized tomatoes, sliced	1 garlic clove, minced
2 medium-sized onions, chopped	3 tablespoons chopped parsley
3 zucchini, sliced	2 tablespoons olive oil
	Salt and pepper

Directions:

Saute eggplant, tomatoes, onion, zucchini, and green pepper in olive oil until soft. Do not brown. Stir in minced garlic clove, add chopped parsley, and salt and pepper to taste. Serve hot or at room temperature.

French Menu

LEEK SALAD

Makes 4 servings (300 calories); 1 serving—75 calories

6 large leeks
1 tablespoon wine vinegar
2 tablespoons olive or
vegetable oil

Salt and pepper
1 tablespoon chopped parsley

Directions:

Cut leeks in quarters, lengthwise. Wash thoroughly so no sand remains between leaves. Cook in salted boiling water 30 minutes or until leeks are very tender. Drain and place leeks in salad bowl. Combine vinegar with oil; add salt and pepper and pour over leeks. Sprinkle with parsley. Serve warm or cold.

ENTREES

CHICKEN IN WINE SAUCE (COQ AU VIN)

Makes 4 servings (1140 calories); 1 serving—285 calories

1 3-lb. all-purpose chicken
cut into serving pieces
1 tablespoon olive oil
8 small white onions
 $\frac{1}{2}$ cup burgundy wine

$\frac{1}{2}$ cup chicken stock
8 mushrooms
 $\frac{1}{4}$ teaspoon thyme
1 bay leaf
Salt and pepper

Directions:

Heat oil in very heavy skillet. Add chicken and onions and saute lightly 15 minutes. Add remaining ingredients, cover, and bring to a boil quickly. Lower flame, and simmer until chicken is tender, about 40 minutes.

BAKED FILLETS WITH WHITE WINE AND HERBS

(CARRELETS SUR LE PLAT)

Makes 4 servings (1,000 calories); 1 serving—250 calories

1 $\frac{1}{2}$ lbs. whitefish, cod,
flounder, or haddock fillets
Salt and pepper
2 tablespoons chopped chives
1 teaspoon chopped parsley

$\frac{2}{3}$ cup dry white wine
Fine bread crumbs
1 $\frac{1}{2}$ tablespoons butter

French Menu

Directions:

Place fish in buttered baking dish. Sprinkle with salt and pepper and cover with chopped chives and parsley. Pour in wine so it just reaches top of fish without covering. Sprinkle bread crumbs over, dot with butter, and bake in hot (450°F.) oven until fish flakes, about 15 minutes.

DESSERTS

COFFEE CUSTARD (CREME AU CAFE)

Makes 4 servings (565 calories) ; 1 serving—141 calories

3 eggs, separated	2 heaping teaspoons powered
4 cups skim milk	coffee
Few drops liquor sweetener	

Directions:

Heat the milk just to boiling point; then cool. Beat egg yolks together with powdered coffee. Add to milk in top of double boiler. Cook over boiling water, stirring until the cream thickens. Cool, pour into individual serving dishes. Chill and serve.

FLAMING PEACHES (PECHES JUBILEE)

Makes 6 servings (595 calories) ; 1 serving—99 calories

1 can (1 lb. 13 oz.)	1 tablespoon cornstarch
Elberta peach halves	1 jigger brandy, heated

Directions:

Drain syrup from the peaches. Thicken it slightly with cornstarch. Pour into saucepan and cook until clear, stirring to prevent lumping. Poach peaches in syrup until heated through. Remove with slotted spoon and arrange in chafing dish or on heated platter, cut side up. Pour syrup over, then add heated brandy. Light and serve flaming.

APPLE MOUSSE (MOUSSE AUX POMMES)

Makes 4 servings (400 calories) ; 1 serving—100 calories

4 cups unsweetened applesauce	1 egg white, beaten stiff
2 tablespoons currant jelly	Pinch of cinnamon

Directions:

Beat the currant jelly into the applesauce until well blended. Fold in the beaten egg white. Spoon into sherbet glasses and chill. Serve with sprinkling of cinnamon on top.

Italian Menu

SOUP

MINESTRONE MILANESE

Makes 8 servings (880 calories); 1 serving—110 calories

1 cup frozen peas, thawed	$\frac{1}{4}$ small cabbage, shredded
3 cups water	2 tablespoons minced parsley
1 quart beef stock (made with bouillon cubes)	1 clove garlic, minced
2 medium-sized zucchinis, diced	4 stalks celery, chopped
1 large onion, chopped	2 carrots, sliced
1 can (16-oz.) whole peeled tomatoes	1 teaspoon savory
2 medium-sized potatoes, peeled and diced	$\frac{1}{2}$ teaspoon marjoram
	1 cup elbow macaroni

Directions:

Place all ingredients except macaroni in a large saucepan. Cover and bring to a boil quickly, then reduce flame and simmer 40 minutes. Add macaroni and cook just until macaroni and vegetables are tender, about 10 minutes. (May be served as main course at lunch or supper.)

ENTREE

LIVER MARSALA

Makes 8 servings (2240 calories); 1 serving—280 calories

2 lbs. liver, sliced very thin	1 tablespoon olive oil
4 tablespoons flour	$\frac{3}{4}$ cup Marsala
2 teaspoons salt	4 tablespoons lemon juice
$\frac{1}{2}$ teaspoon pepper	$\frac{1}{2}$ teaspoon oregano

Directions:

Make sure the liver is completely dry; then sprinkle with mixture of flour, salt, and pepper. Pour 1 tablespoon olive oil in a large heavy skillet and brown the liver on both sides. Add remaining olive oil to pan as needed. Remove liver and place in shallow baking dish. Add Marsala, lemon juice, and oregano to skillet, scrape the pan and simmer juices about 2 minutes. Pour over liver and bake in preheated hot (400°F.) oven about 5 minutes.

Italian Menu

ACCOMPANIMENTS

MUSHROOMS PARMESAN

Makes 8 servings (210 calories) ; 1 serving—45 calories

24 large mushrooms
1 tablespoon olive oil
 $\frac{1}{2}$ cup chopped onion
 $\frac{1}{4}$ cup chopped green pepper
3 tablespoons grated
Parmesan cheese

1 tablespoon bread or
cracker crumbs
Salt and pepper

Directions:

Clean and dry the mushrooms. Separate stems and chop them. Heat olive oil in skillet; combine onion and green pepper and saute in oil, covered, until barely tender. Add chopped mushroom stems and cook another 5 minutes. Combine with grated cheese, bread or cracker crumbs, and seasoning. Stuff mushroom caps with this mixture. Place in oiled shallow baking dish and bake in moderately hot (375°F.) oven about 15 minutes.

ZUCCHINI WITH PIGNOLI NUTS

Makes 8 servings (510 calories) ; 1 serving—64 calories

2 tablespoons olive oil
2 tablespoons chopped onion
2 garlic cloves, minced
1 teaspoon oregano

8 zucchinis
2 tablespoons pignoli nuts
2 teaspoons lemon juice
Salt and pepper

Directions:

Heat oil in large skillet. Add onion, garlic, and oregano. Saute, stirring occasionally until all the oil is absorbed and the vegetables are tender. Slice zucchini without peeling, and add to vegetables in skillet. Pour in $\frac{1}{4}$ cup water. Cover and cook until zucchini are tender, about 10 minutes. Toss with pignoli nuts and lemon juice. Season to taste and serve at once.

DESSERT

ZABAGLIONE

8 egg yolks
4 tablespoons powdered sugar

$\frac{1}{4}$ cup Marsala or sherry

Makes 8 servings (744 calories) ; 1 serving—96 calories

Italian Menu

Directions:

Place egg yolks and sugar in the top of a cold double boiler. Set pan over simmering water and beat eggs and sugar with an electric or rotary hand beater. Gradually stir in Marsala and beat until mixture is thick and fluffy, about 4-6 minutes. Remove from heat before crust forms on sides of pan. Spoon into warmed sherbet glasses and serve hot.

ITALIAN COFFEE

Use strong Italian roast coffee and prepare as for drip coffee or any variation. Serve in demi-tasse cups with a twist of lemon peel.

ANTIPASTO

ARTICHOKE HEARTS

Makes 8 servings (600 calories) ; 1 serving—75 calories

1 package (10-oz.) frozen artichoke hearts	1 garlic clove, minced
$\frac{1}{4}$ cup olive oil	Pinch oregano
2 tablespoons wine vinegar	Salt and pepper

Directions:

While artichokes are thawing, combine remaining ingredients in a saucepan. Cut artichokes in half and add to sauce. Simmer until artichokes are tender.

BAKED MUSHROOMS

Makes 4 servings (160 calories) ; 1 serving—40 calories

8 large mushrooms	$\frac{1}{8}$ lb. very lean ground chuck or round
1 teaspoon olive oil	2 tablespoons tomato juice
$\frac{1}{2}$ onion, chopped	Lemon juice
2 tablespoons minced green pepper	Salt

Directions:

Clean and dry the mushrooms. Mince the stems, leaving the caps whole. Saute chopped mushrooms, onion, and green pepper in olive oil in a skillet until vegetables are tender; stir in ground meat and cook until meat loses its red color; add salt. Remove from heat and stir in tomato juice and few drops of lemon juice into meat mixture. Fill caps. Bake filled side up in moderate (350°F.) oven about 20 minutes.

Italian Menu

ENTREES

CHICKEN FROM NAPOLI

Makes 8 servings (1400 calories) ; 1 serving—233 calories

1 3-lb. fryer, cut in serving pieces	$\frac{1}{4}$ cup chopped parsley
$\frac{1}{4}$ cup flour	1 cup chopped fresh tomatoes
$\frac{1}{4}$ teaspoon marjoram	$\frac{1}{4}$ cup chopped mushrooms (canned or fresh)
1 tablespoon diet margarine	$\frac{1}{2}$ cup dry red wine
1 tablespoon olive oil	$1\frac{1}{2}$ cups cooked peas
1 garlic clove, minced	Salt

Directions:

Dredge chicken in mixture of flour, marjoram, and salt. Heat margarine and oil in large heavy skillet. Brown chicken on all sides. Add parsley, garlic, tomatoes, and wine. Cover and simmer about 45 minutes or until chicken is tender. Add mushrooms and peas and simmer just long enough to heat through, about 5 minutes.

SCAMPI

Makes 6 servings (1260 calories) ; 1 serving—210 calories

$1\frac{1}{2}$ lbs. raw shrimp, shelled	1 tablespoon chopped parsley
$\frac{1}{2}$ cup flour	1 small onion, chopped
$\frac{1}{2}$ cup olive oil	$\frac{1}{2}$ teaspoon oregano
$\frac{1}{4}$ cup dry white wine	1 tablespoon lemon juice
1 tablespoon brandy	Salt
1 tablespoon tomato paste	

Directions:

Dry shrimp thoroughly and dredge in flour. Brown in hot olive oil in large heavy skillet. Remove shrimp to heated serving platter and keep warm. Pour off oil and add wine and brandy to skillet. Heat through and ignite. Shake pan until flame dies. Stir in all remaining ingredients except lemon juice. Return shrimp to skillet; cover and simmer 5 minutes to heat through. Sprinkle with lemon juice just before serving.

EGGPLANT PARMEGIANA

Makes 6 servings (630 calories) ; 1 serving—105 calories

1 large eggplant	$\frac{1}{2}$ teaspoon garlic salt
1 tablespoon bread crumbs	1 can (8-oz.) tomato sauce
3 tablespoons grated Parmesan cheese	3 slices Mozzarella cheese (made with part skim milk)

Italian Menu

Directions:

Peel the eggplant and cut into thin slices. Pour boiling water over and let stand about 5 minutes. Drain eggplant slices thoroughly. Put small amount of olive oil in a heavy skillet and quickly fry the eggplant, adding remaining olive oil as needed. Combine bread crumbs, Parmesan cheese and garlic salt. Arrange alternate layers of eggplant, cheese-crumb mixture, and tomato sauce in shallow baking dish. Top with Mozzarella cheese slices and bake in slow (325°F.) oven about 25-30 minutes.

ACCOMPANIMENTS

MILANO GREEN BEANS

Makes 6 servings (312 calories) ; 1 serving—52 calories

2 packages (10-oz. each)	2 tablespoons water
Italian green beans	1 tablespoon lemon juice
(Fava beans), thawed	¼ teaspoon basil
1 tablespoon olive oil	Salt
1 small onion, chopped	

Directions:

Saute onion in olive oil in a skillet until just tender, about 10 minutes. Increase heat and add thawed beans. Cook over high flame, stirring constantly, about 2 minutes. Add water, lemon juice, basil, and salt. Cook covered over low heat 2 minutes more.

ITALIAN STYLE SPINACH

Makes 4 servings (366 calories) ; 1 serving—92 calories

2 packages (10 oz. each)	1 garlic clove, minced
frozen chopped spinach	1 can (6-oz.) tomato paste
2 tablespoons olive oil	Salt and pepper

Directions:

Cook spinach according to package directions. Drain well. Brown garlic in olive oil; add tomato paste and spinach. Cook until heated through, about 15 minutes. Season to taste with salt and pepper.

Italian Menu

PASTA

LASAGNA

Makes 3 servings (860 calories) ; 1 serving—286 calories

$\frac{1}{3}$ lb. lean chopped round
 $\frac{1}{2}$ medium-sized onion,
chopped
1 garlic clove, minced
3 tablespoons tomato paste
 $\frac{1}{4}$ cup hot water
1 can (1-lb 3-oz) Italian
style plum tomatoes

Filling:

$\frac{1}{2}$ lb. lasagna noodles
 $\frac{1}{4}$ cup grated Parmesan or
Romano cheese
 $\frac{1}{4}$ cup Mozzarella cheese,
cut into cubes
 $\frac{3}{4}$ cup Ricotta cheese

Directions:

Combine beef, onion, and garlic and brown in heavy skillet; stir occasionally with a fork to break up chunks of meat. Mix tomato paste and hot water in large pan; add tomatoes and browned meat mixture and cook rapidly 3 minutes. Reduce the flame and simmer 1 hour. Cook noodles according to package directions; drain well. Pour enough meat sauce into an oblong shallow baking dish to cover bottom; add a layer of noodles, a layer of grated cheese, another layer of sauce, a layer of Mozzarella and Ricotta spread over. End with a layer of sauce and top with a sprinkling of Parmesan cheese. Bake in moderate (350°F.) oven about 30 minutes or until lasagna is bubbling hot.

DESSERTS

PEACHES IN WINE

Makes 6 servings (750 calories) ; 1 serving—125 calories

6 freestone peaches

1 bottle dry red or white wine

Directions:

Peel peaches and slice into a large pitcher. Pour wine over, and allow to stand a few hours. Chill. Drink the wine throughout dinner (red with meat, white with fish or chicken). Serve the sliced peaches as dessert.

ITALIAN STRAWBERRIES

Makes 6 servings (275 calories) ; 1 serving—47 calories

4 cups strawberries, washed
and hulled
Non-caloric liquid sweetener
to taste

$\frac{2}{3}$ cup fresh orange juice

Directions:

Sprinkle sweetener over strawberries and cover with orange juice. Chill before serving.

Chinese Menu

SOUP

EGG FLOWER SOUP

Makes 6 servings (351 calories) ; 1 serving—58 calories

4 cups chicken bouillon
2 teaspoons peanut oil
2 eggs
2 scallions, chopped

1 teaspoon vinegar
2 tablespoons soy sauce
Dash monosodium glutamate
Dash white pepper

Directions:

Bring bouillon to a boil in saucepan. Beat oil and eggs together. Gradually pour oil and egg mixture into the soup. Stir in remaining ingredients. Bring to a boil and serve immediately.

ENTREES

CUCUMBER SHRIMP

Makes 4 servings (780 calories) ; 1 serving—195 calories

1 lb. raw shrimp
1 tablespoon dry sherry
2 teaspoons salt
1 teaspoon sugar

2 teaspoons cornstarch
3 tablespoons peanut oil
3 cucumbers

Directions:

Shell and clean shrimp; rinse and drain. Cut shrimp in half lengthwise, then into small pieces. Combine with sherry, 1 teaspoon salt, sugar, and cornstarch. Peel cucumbers, cut into quarters and scoop out seeds. Cut into 1-inch pieces. Saute cucumber in 1 tablespoon oil in small frying pan. Add 1 teaspoon salt and stir about 5 minutes, or until cucumber is transparent. In a larger frying pan, saute shrimp in remaining oil over high flame, stirring constantly until shrimp turns pink. Add sauteed cucumber, cook another 2-3 minutes and serve hot.

ACCOMPANIMENTS

SOY SAUCE RICE

Makes 4 servings

1 cup raw rice
1¾ cups water
1 tablespoon peanut oil
3 tablespoons soy sauce

2 scallions, chopped
2 tablespoons diced pimento
½ teaspoon sugar
Dash monosodium glutamate

Directions:

Rinse rice thoroughly in sieve under cold running water. Drain until dry. Place in saucepan and add water; cover and bring to a boil rapidly. Reduce flame and simmer 20 minutes. Remove from flame and allow rice to stand another 20-25 minutes, then stir. Toss with oil and remaining ingredients until thoroughly mixed.

Chinese Menu

BROCCOLI CHINESE STYLE

Makes 4 servings (390 calories) ; 1 serving—97 calories

1 bunch broccoli
2 tablespoons peanut oil
Salt
½ teaspoon sugar

¼ teaspoon chopped
preserved ginger
¼ teaspoon monosodium
glutamate

Directions:

Rinse broccoli and separate flowers from stems. Cut stems into 1-inch pieces. Cook stems and flowers in pan with about ½ cup water and bring to a boil; allow to boil about 2 minutes. Remove pan from flame, and drain broccoli. Heat peanut oil in saucepan; add broccoli and cook over high flame, stirring constantly. Add remaining ingredients and stir well. Add ½ cup water and cover pan. Cook 5 minutes over medium flame. Stir, then cook over high flame, uncovered, until liquid is almost completely absorbed.

DESSERT

CHINESE SPONGE CAKES

Makes 6 cakes (290 calories) ; 1 serving—48 calories

1 egg, separated
¼ cup powdered sugar

⅓ cup sifted flour
⅛ teaspoon baking powder

Directions:

Beat egg white until peaks form; then gradually beat in sugar until mixture is stiff. Beat egg yolks and fold in. Sift flour and baking powder, then re-sift over egg mixture and fold in thoroughly. Spoon into 6 greased custard cups. Place on rack in large saucepan and add water to just below the top of the rack. Cover pan; bring water to boil. Reduce heat and let cakes steam until set. Serve hot or at room temperature.

BEVERAGE

FORMOSA COLONG TEA

Makes 4 servings

2 teaspoons Formosa
colong tea

4 cups boiling water

Directions:

Place ½ teaspoon tea leaves in each cup; pour about 1 tablespoon boiling water into each cup. Cover cups about 1 minute to allow tea to steep then fill with boiling water. Cup may be refilled with water at least once, using same tea leaves.

Chinese Menu

ENTREES

HONG KONG CHICKEN WING

Makes 6 servings (366 calories) ; 1 serving—61 calories

3 tablespoons dry sherry	1 teaspoon ginger
1 tablespoon salt	2 tablespoons oil
1 teaspoon pepper	1 tablespoon sesame seeds
2½ lbs. chicken wings	Liquid sweetener equal to
2 scallions, or ½ leak, chopped	1 tablespoon

Directions:

Combine sherry, salt, and pepper and coat chicken wings with mixture. Place on rack over hot water in saucepan, sprinkle scallions and ginger over wings, and steam over high heat 30 minutes. Measure 1 cup liquid from saucepan and add soy sauce, oil, sesame seeds, sweetener. Heat mixture and add chicken wings (3-4 at a time), bring liquid to a boil and cook wings until golden brown. Cool wings and serve cold with liquid as sauce.

SHRIMPS IN GARLIC SAUCE (CHINA)

Makes 4 servings (72 calories) ; 1 serving—181 calories

1 lb. shrimps, shelled and cleaned	1 tablespoon cornstarch
2 tablespoons peanut oil	½ teaspoon monosodium glutamate
1 garlic clove, finely chopped	2 scallions, finely chopped
1 tablespoon canned Chinese black beans	Salt and pepper

Directions:

Rinse and dry shrimps. Heat peanut oil in heavy frying pan and add shrimps; cook 5 minutes. Wash beans, and mash with garlic, cornstarch, and monosodium glutamate in ½ cup water. Add mixture to shrimps in frying pan; then add scallions. Cook covered, 5 minutes. Season with salt and pepper to taste. Toss to mix well and serve immediately.

BEEF IN OYSTER SAUCE (CHINESE)

Makes 6 servings (1215 calories) ; 1 serving—202 calories

1 lb. lean top round, cut into 1-inch cubes	1 teaspoon sugar
2 tablespoons peanut oil	1½ cups beef bouillon, heated
1 garlic clove, minced	¼ cup chopped mushrooms
¼ cup soy sauce	¼ cup canned water chestnuts, drained and sliced
½ cup Chinese oyster sauce	4 scallions, chopped
1 tablespoon dry white wine	

Chinese Menu

Directions:

Trim all visible fat from beef. Heat oil in large frying pan; in it, brown beef and garlic. Add soy, oyster sauce, white wine, sugar and bouillon. Cover and simmer 25 minutes; then add vegetables; cook over medium heat 5 minutes and serve hot.

ACCOMPANIMENTS

GREEN BEANS IN COCONUT MILK (INDONESIAN)

Makes 6 servings (600 calories) ; 1 serving—100 calories

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|--|---|
| $\frac{1}{2}$ cup chopped onions | 4 teaspoons peanut oil |
| 1 garlic clove, minced | 1 teaspoon salt |
| 2 teaspoons grated lemon rind | 1 teaspoon sugar |
| $\frac{1}{2}$ teaspoon dried chili peppers | 1 package (10 oz.) frozen French style string beans, thawed |
| 1 large tomato, peeled and chopped | 1 cup coconut milk |

Directions:

Pound first 5 ingredients to a paste. Heat peanut oil in saucepan and add paste; cook about 3 minutes over low heat, stirring constantly. Add remaining ingredients. Bring to a boil; cover; reduce flame and cook over low heat 15 minutes. Serve at room temperature.

BEAN SPROUT SALAD (KOREAN)

Makes 6 servings (730 calories) ; 1 serving—122 calories

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|---|---|
| $\frac{1}{3}$ cup low calorie French dressing | $\frac{1}{4}$ cup pimento, finely chopped |
| 2 tablespoons soy sauce | 2 tablespoons toasted sesame seeds |
| $\frac{1}{2}$ teaspoon salt | 1 garlic clove, minced |
| $\frac{1}{2}$ teaspoon black pepper | 2 cups canned bean sprouts, drained |
| $\frac{1}{4}$ cup scallions, finely chopped | |

Directions:

Mix all ingredients except sprouts. Pour sauce over drained beans sprouts and toss lightly. Chill and serve.

Chinese Menu

RED PEPPER SALAD (SINGAPORE)

Makes 8 servings (600 calories) ; 1 serving—75 calories

6 large sweet red peppers	1 teaspoon lime juice
3 tablespoons olive oil	3 scallions, sliced very thin
1 teaspoon salt	$\frac{1}{8}$ teaspoon powdered ginger
2 tablespoons vinegar	$\frac{1}{2}$ teaspoon sugar

Directions:

Hold peppers over high flame on fork until skin loosens. Peel off skin and remove seeds. Cut peppers lengthwise into match-stick strips and place in shallow dish. Combine olive oil, salt, vinegar, and lime juice in saucepan and heat. Pour hot dressing over peppers. Toss scallions with ginger and sugar and allow to stand a few minutes. Sprinkle over peppers. Serve cold with sliced meats or boiled fish.

DESSERTS

CAMBODIAN FRUITS

Makes 4 servings (550 calories) ; 1 serving—132 calories

1 $\frac{1}{4}$ cups fresh pineapple, diced, or canned pineapple chunks, drained	$\frac{1}{2}$ cup grapefruit sections, cut in small pieces
1 cup canned lichees, cut in quarters	Sweetener equal to 1 table- spoon sugar
$\frac{3}{4}$ cup orange sections, cut in small pieces	1 teaspoon lime juice

Directions:

Combine fruits with sugar and lime juice. Let stand for 1 hour. Chill, drain, and serve.

German Menu

APPETIZER

PICKLED MUSHROOMS

Makes 6 large or 8 small servings (1025 calories); 1 serving—170 calories

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|-----------------------------------|------------------------------|
| 1 lb. small mushrooms | $\frac{1}{2}$ teaspoon thyme |
| 1 onion, minced | 2 cups dry white wine |
| 1 garlic clove | 2 cups cider vinegar |
| $\frac{1}{4}$ cup chopped parsley | $\frac{1}{4}$ cup olive oil |
| 2-3 bay leaves | Juice of $\frac{1}{2}$ lemon |
| $\frac{1}{4}$ teaspoon pepper | |

Directions:

Wash mushrooms in cold salted water. Drain and place in enamel saucepan. Combine remaining ingredients and pour over mushrooms. Bring to a boil; reduce flame and simmer 10 minutes or until mushrooms are tender. Cool. Cover and refrigerate.

ENTREE

SAUERBRATEN

Makes 6 servings (2950 calories); 1 serving—490 calories

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|-----------------------------------|------------------------------|
| 4 lbs. bottom round | 2 tablespoons diet margarine |
| 1 cup vinegar | 1 large onion, sliced |
| 1 tablespoon mixed pickled spices | |

Directions:

Place meat, spices, and vinegar in glass or earthen bowl. Cover and refrigerate overnight. Turn meat occasionally. Drain meat, reserving marinade. Melt fat in heavy pot and sear meat, browning on all sides. Remove meat; brown onion. Return meat to pot; strain marinade and pour over meat. Cover, bring to a boil quickly. Reduce flame and simmer 2 hours, or until meat is tender.

ACCOMPANIMENTS

RED CABBAGE

Makes 6 servings (400 calories); 1 serving—66 calories

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|---|---------------------------|
| 1 red cabbage | 2 cloves |
| 2 tablespoons chicken fat | 2 bay leaves |
| 2 tart apples, peeled, cored, and chopped | Juice $\frac{1}{2}$ lemon |
| 1 medium-sized onion, sliced | Salt and pepper |
| $\frac{1}{2}$ cup wine vinegar | 2 tablespoons flour |
| Liquid sweetener equal to $\frac{1}{2}$ cup sugar | |

German Menu

Directions:

Wash and drain cabbage; shred. Heat chicken fat in deep pan and in it saute onion and apples 3-4 minutes. Add 1 quart water, vinegar, sweetener, spices lemon juice, salt and pepper. Bring to a boil and add cabbage. Reduce flame, cover, and simmer 45 minutes. Remove from flame, sprinkle flour over top and blend in.

GREEN BEANS IN BEER SAUCE

Makes 6 servings (150 calories) ; 1 serving—25 calories

1½ lb. fresh green beans	1 tablespoon flour
½ cup beer	Salt

Directions:

Cut beans into 1-inch pieces; cook in beer, covered, about 15 minutes or until beans are just tender. Remove beans from pan and keep hot. Stir in flour to thicken liquid. Simmer 1 minute; then pour sauce over beans.

DESSERT

STEWED APPLES

Makes 6 servings (780 calories) ; 1 serving—130 calories

6 apples, peeled and cored	Liquid sweetener equal to
3 tablespoons diet margarine	1 cup sugar
½ cup white wine	1 cinnamon stick
½ cup water	1 tablespoon lemon juice

Directions:

Cut apples into thick slices. Melt margarine in large skillet, add apple slices and saute them about 5 minutes. Place remaining ingredients into saucepan and cook over high flame 5 minutes. Pour over apples in skillet and cook uncovered until apples are just tender. Place in serving dish and serve hot or cold.

Hungarian Menu

SOUP

CARAWAY SOUP

Makes 6 servings (225 calories); 1 serving—65 calories

$\frac{1}{4}$ cup diet margarine	2 cups chicken stock (made from bouillon cubes)
1 tablespoon flour	
$\frac{1}{2}$ teaspoon salt	1 $\frac{1}{2}$ cups water
1 teaspoon caraway seeds	Croutons

Directions:

Melt margarine in large saucepan; stir in flour, caraway seeds, and salt. Let brown over low flame. Gradually stir in chicken stock and water. Bring to a boil; then reduce flame and simmer about 20 minutes. Serve with croutons.

CHICKEN PAPRIKA

Makes 6 servings (1680 calories); 1 serving—280 calories

3 chicken thighs	$\frac{1}{4}$ cup diced onions
3 chicken breasts	$\frac{3}{4}$ cup hot water
1 $\frac{1}{2}$ teaspoons salt	1 $\frac{1}{2}$ cups buttermilk
$\frac{1}{8}$ teaspoon pepper	3 tablespoons flour
$\frac{1}{4}$ cup flour	2 cups cooked noodles
2 tablespoons fat or oil	1 tablespoon paprika

Directions:

Remove bones, skin, and excess fat from chicken. Season with salt and pepper. Roll chicken in flour; brown slowly in hot fat 10-15 minutes. Stir in onions and hot water. Cook, covered, over low heat until chicken is tender, about 40 minutes. Skim off any excess fat. Blend 3 tablespoons flour with $\frac{1}{2}$ cup buttermilk. Stir into chicken mixture. Stir in remaining buttermilk and noodles. Simmer, uncovered, 5 minutes. Mix in paprika and serve immediately.

ACCOMPANIMENTS

CARROTS THE HUNGARIAN WAY

Makes 6 servings (382 calories); 1 serving—64 calories

1 lb. carrots	1 teaspoon sugar
4 tablespoons diet margarine	Salt and pepper
1 tablespoon flour	

Directions:

Peel carrots and slice into thin rounds. Saute slowly in margarine; add a little water to prevent burning. When almost tender, sprinkle them with parsley and flour. Season and add sugar. Pour in water to make thick sauce and simmer 10 minutes.

Hungarian Menu

PEPPER SALAD

Makes 6 servings (136 calories) ; 1 serving—34 calories

3-4 red peppers	2 tablespoons water
½ onion, grated	2 teaspoons sugar
4 tablespoons wine vinegar	Salt

Directions:

Remove seeds and course veins from peppers. Slice peppers into thin rings and scald in boiling salted water. Allow to cool in water; then drain. Mix grated onion with vinegar, water, sugar, and salt. Pour over pepper rings and serve chilled or at room temperature.

DESSERT

APPLE SNOW

Makes 4 servings (550 calories) ; 1 serving—137 calories

4 cooking apples	1 egg white beaten stiff
¼ cup sugar	

Directions:

Wash apples; dry them and core. Bake in hot (450°F.) oven until soft about, 35-45 minutes. Put through sieve and mix with sugar. Fold in beaten egg white. Spoon into serving dishes and chill.

ENTREE

GOULASH

Makes 6 servings (2160 calories) ; 1 serving—360 calories

2½ lb. lean chuck, cut into	1 tablespoon salt
1-inch cubes	1½ tablespoons paprika
1 tablespoon vegetable	3 medium-sized tomatoes,
shortening	chopped
6 medium-sized onions,	1 cup beef consomme, made
chopped	from bouillon cube
¾ cup chopped green pepper	

Directions:

Saute onions and green pepper in oil in large heavy skillet about 10 minutes. Remove from skillet. Combine salt and paprika and rub into meat. Add meat to skillet and brown on all sides. Return vegetables to pan; add tomatoes and consomme, and cook covered, over low heat until meat is tender, about 2 hours.

Russian Menu

SOUP

BORSCHT

Makes 8 servings (480 calories) ; 1 serving—60 calories

1½ lb. lean chuck	1 carrot, thinly sliced
1 meat bone	1 onion
6 cups water	1 can (6-oz.) tomato paste
4 beets med. size	½ teaspoon dill
¼ lb. cabbage, shredded	Juice of 2 lemons
½ green peppers, cut in strips	Salt and pepper

Directions:

Place meat and bone in large pan and add 6 cups water, salt, and pepper. Bring to a boil rapidly; reduce flame and simmer ½ hour. Remove scum from liquid. Add beets and cook until tender, about 15 minutes. Remove beets. Peel and grate back into liquid. Add cabbage, green pepper, and carrot. Grate in onion. Simmer until cabbage is tender, then add tomato paste and 2 cans of water. Add dill. Simmer ½ hour to allow flavors to blend thoroughly. Just before serving, add lemon juice.

ENTREE

GEORGIAN SHASHLYK

Makes 6 servings (2040) calories) ; 1 serving—340 calories

1 lb. lean lamb, cut from leg or loin	Juice of lemon
1 lamb kidney	3 scallions, chopped
1 onion, chopped	Salt and pepper
2 tablespoons chopped parsley	Lemon quarters

Directions:

Remove all fat from meat. Cut in 1½-inch cubes. Cut kidney in half, then into cubes. Place with meat in bowl. Add onion and 1 tablespoon chopped parsley. Squeeze lemon juice over all. Toss and marinate 2 hours. Thread onto metal skewers, making sure each skewer holds an equal amount of meat and kidney. Broil, turning skewers constantly so meat is evenly cooked. To serve, remove from skewers and sprinkle each portion with chopped scallions and remaining chopped parsley. Garnish with lemon quarters.

ACCOMPANIMENTS

CHOPPED EGGPLANT

Makes 8 servings (360 calories) ; 1 serving—45 calories

1 medium-sized eggplant	½ teaspoon basil
1 can (6-oz.) tomato paste	¼ teaspoon marjoram
1 onion, chopped	Salt and pepper
1 small green pepper, chopped	

Russian Menu

Directions:

Prick the skin of the eggplant with a fork. Bake in a moderate (350° F.) oven, uncovered, until tender. Remove from oven and peel off skin immediately. Combine tomato paste with chopped onion and green pepper, spread in flat pan and broil until just brown. Chop eggplant and add to tomato-vegetable mixture. Add basil, marjoram and salt and pepper and mix thoroughly. Spread in pie pan and bake in moderate (350° F.) oven 15-20 minutes until heated through. Serve hot. May also be served cold as a relish or hors d'oeuvre.

DESSERT

STRAWBERRY KISSEL

Makes 4 servings (230 calories) ; 1 serving—58 calories

**2 cups fresh strawberries,
crushed or pureed**

**2 tablespoons very fine sugar
1 tablespoon cornstarch**

Directions:

Mix sugar with strawberries. Combine a little of this mixture with cornstarch, stirring until it is smooth. Add to strawberry puree and place in saucepan. Bring to a boil slowly, over low flame, stirring constantly so it does not burn. As soon as it thickens, pour mixture into individual molds. Cool, then chill in refrigerator until set. To serve, turn out of molds and serve—with a dab of sour cream on each portion, if desired.

BEVERAGE

RUSSIAN TEA

Makes 4 servings (40 calories) ; 1 serving—10 calories

2 teaspoons tea

Lemon slices

Boiling water

**4 teaspoons dietetic plum or
strawberry preserves**

Directions:

Place tea leaves in scalded teapot. Pour 1 cup boiling water into pot, cover, and allow to steep 5 minutes. Strain and pour $\frac{1}{4}$ tea essence into each cup or glass. Fill with additional boiling water, and serve with thin lemon slices, and a teaspoon of preserves in each cup for sweetening.

Russian Menu

ENTREES

BEEF STROGANOV

Makes 4 servings (960 calories) ; 1 serving—240 calories

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|--|------------------------|
| 1 lb. lean top round or
tenderloin, thinly sliced | 1 cup buttermilk |
| 2 onions, chopped | ½ teaspoon lemon juice |
| 1 cup skim milk, mixed with | Salt and pepper |
| 2 teaspoons instant non-fat
milk | Parsley |

Directions:

Remove all fat and gristle from meat. Pound thin, then cut into strips about 1 inch by ½ inch. Sprinkle with salt and pepper. Cook onions in skim milk in heavy pan over low heat. Stir constantly; then add meat. Cook over medium heat about 10 minutes; stir occasionally so meat is evenly cooked, but not overdone. Add lemon juice to buttermilk and pour over meat. Cook until all is thoroughly heated. Garnish with parsley.

LULI KEBAB

Makes 6 servings (1680 calories) ; 1 serving—285 calories

- | | |
|------------------------------|-----------------|
| 2 lbs. very lean ground lamb | Salt and pepper |
| ½ teaspoon oregano | Lemon quarters |
| ½ teaspoon thyme | |

Directions:

Combine meat with herbs, salt and pepper. Form into 6 oval-shaped patties. Broil in preheated oven about 2 inches from flame until first side is nicely browned; turn and broil second side. Serve very hot, with lemon quarters.

ACCOMPANIMENTS

MUSHROOMS A LA Russe

Makes 4 servings (190 calories) ; 1 serving—48 calories

- | | |
|----------------------------|----------------------|
| 24 small mushrooms, sliced | 2 tablespoons grated |
| 1 cup buttermilk | Cheddar cheese |

Directions:

Mix mushrooms with buttermilk and place in lightly greased shallow baking pan. Sprinkle grated cheese over top. Bake in moderate (350° F.) oven about 20 minutes, until top is nicely browned.

Scandinavian Menu

SMORGASBORD OR HORS D'OEUVRE

ANCHOVY EYE

Makes 4-6 servings (137 calories)

- 8 anchovy fillets, minced
- 1 egg yolk
- 1 tablespoon minced onion

Directions:

Slide egg yolk into center of small serving dish; arrange minced onion in ring around egg yolk, and the anchovies as an outer ring around onion. The first person to serve himself stirs all ingredients together.

Variation:

For those who don't care for raw egg; mix all ingredients together and fry quickly in small amount of butter.

CHEF'S PICKLED HERRING

Makes 6-8 servings (1,000 calories); 1 serving—168 calories

- | | |
|----------------------------------|-------------------------------|
| 2 salt herring | 2 onions, thinly sliced |
| 1 tablespoon allspice | 1 small carrot, thinly sliced |
| 1-2 bay leaves | Dressing: |
| ½ teaspoon mustard seed | 1 cup vinegar |
| 1 teaspoon prepared horse-radish | ¼ cup water |
| | ½ cup sugar |

Directions:

Have heads removed from fish. Soak fish in cold water several hours, changing water 3-4 times so fish will not be too salty. Drain on paper towelling. Cut cross-wise into ½-inch slices (do not remove bones). Place in glass jar, in layers, alternately with vegetables and remaining ingredients. Heat dressing ingredients and bring to boiling point. Chill. Pour over herring, cover and let stand in refrigerator for several days.

BIRDS IN THE NEST

Makes 6-8 servings (232 calories)

- | | |
|---------------------------------------|------------------------------|
| 5 anchovy fillets, chopped | 2 tablespoons pickled beets, |
| 1 tablespoon chopped onion | diced |
| 1 tablespoon capers | 2 raw egg yolks |
| 1 tablespoon chopped chives | |
| 1 tablespoon cold boiled potato cubes | |

Scandinavian Menu

Directions:

On oblong or oval serving platter, arrange rings of each ingredient separately, starting on the inside with anchovy fillets. With soup spoon make two indentations in ingredients in center of platter. Carefully slide one raw egg yolk into each indentation. The first person to help himself stirs all ingredients together thoroughly.

SWEDISH DEVEILED EGGS

Makes 4 servings (484 calories); 1 serving (1 whole egg)—141 calories

4 hard-cooked eggs	Parsley
2 tablespoons butter	Lettuce
1 tablespoon anchovy paste	2 tomatoes, thinly sliced

Directions:

Cut eggs in half lengthwise. Scoop out yolks and mix with butter and anchovy paste until smooth. Fill egg whites with mixture. Arrange on platter on bed of lettuce and sliced tomatoes. Garnish each half of egg with small sprig of parsley.

SWEDISH MEATBALLS

Makes 6-8 servings on Smorgasbord; 4 servings as main dish— (1140 calories)

1 lb. ground round	1 tablespoon vegetable oil
1 onion, chopped	3 medium-sized onions,
½ teaspoon salt	thinly sliced
1 teaspoon pepper	1 tablespoon cornstarch
½ teaspoon nutmeg	1 cup milk
⅓ cup ice water	Salt and pepper

Directions:

Combine meat with onion, seasonings, and ice water; mix lightly but thoroughly so flavors blend. Shape into small balls. Heat oil in heavy skillet. Saute sliced onions over low heat until transparent, about 20 minutes. Remove onions and set aside. Add meatballs to oil in skillet and brown on all sides. Remove meatballs and place on heated platter. Stir cornstarch into milk to dissolve. Add to pan juices with additional salt and pepper. Cook over low heat, stirring constantly until sauce is smooth and slightly thickened. Return sliced onions to sauce and heat through. Pour sauce over meatballs and serve immediately.

ENTREE

POACHED PIKE WITH HORSERADISH AND BUTTER

Makes 4 servings (928 calories); 1 serving—155 calories

2½ lbs. pike	Freshly grated horseradish
1 quart boiling water	Melted butter
1 tablespoon salt	Parsley
2-3 slices onion	

Scandinavian Menu

Directions:

Clean fish. Boil water with salt and onion 5 minutes. Wrap fish in cheesecloth and place gently in boiling water. Simmer covered until fish is done, about 20 minutes. Remove and unwrap fish and place on heated platter. Garnish with parsley and serve with horseradish and melted butter.

ACCOMPANIMENTS

STRING BEANS AND TOMATOES

Makes 4 servings (950 calories) ; 1 serving—232 calories

1 lb. string beans	$\frac{2}{3}$ cup grated Cheddar cheese
4 tomatoes	$\frac{1}{3}$ cup diet margarine
1 garlic clove	

Directions:

Cook string beans in lightly salted water until barely tender. Drain, and arrange in border around rim of lightly buttered shallow baking dish. Cut tops from tomatoes. Rub tomatoes with cut clove of garlic. Arrange in center of beans in baking dish. Sprinkle cheese over vegetables and dot with margarine. Bake in hot (400° F.) oven until cheese has melted, about 10 minutes.

DESSERT

MELON AND RASPBERRY PUREE

Makes 4 servings (380 calories) ; 1 serving—95 calories

1 4-lb. melon (cantalope, Casaba, etc.)	Liquid sweetener to taste
1 cup fresh raspberries	1 tablespoon lemon juice

Directions:

Cut melon in half and remove seeds. Scoop out small balls or diced pieces from melon and place in serving bowl. Rinse raspberries and drain. Force berries through sieve into small bowl. Add liquid sweetener to raspberry puree; then lemon juice and mix well. Pour puree over melon and chill for several hours. Serve directly from bowl or in chilled individual fruit dishes.

ENTREES

STEAK A LA LINDSTROM (NORWEGIAN)

Makes 4 servings (1060 calories) ; 1 serving—265 calories

1 lb. lean ground round	3 tablespoons chopped onion
1 egg yolk	1 tablespoon capers
1 teaspoon salt	3 tablespoons skim milk
$\frac{1}{2}$ teaspoon pepper	Diet margarine
$\frac{1}{2}$ cup pickled beets, diced	

Scandinavian Menu

Directions:

Combine meat with remaining ingredients and blend thoroughly. Form into large flat cakes. Cook in large heavy skillet in diet margarine until crisp and brown.

BOILED VEAL WITH DILL SAUCE (SWEDISH)

Makes 4 servings (1404 calories) ; 1 serving—351 calories

- | | |
|-----------------------------------|--|
| 2 lbs. veal rib roll | 2 teaspoons salt |
| 1 quart boiling water | 8 peppercorns |
| 1 bay leaf | 4 whole allspice or $\frac{1}{4}$ teaspoon |
| French dill sprigs or | ground allspice |
| $\frac{1}{2}$ teaspoon dried dill | |

Directions:

Place veal in saucepan and pour boiling water over. Bring to boiling point again and skim the surface until clear. Add seasonings; cover and simmer until meat is tender, about $1\frac{1}{2}$ hours. Remove meat and reserve stock for Dill Sauce. Slice meat and arrange on hot serving platter.

DILL SAUCE

- | | |
|------------------------------|-----------------------------|
| 2 tablespoons diet margarine | 1 tablespoon white vinegar |
| 2 tablespoons flour | Liquid sweetener equal to |
| 2 cups veal stock | 2 teaspoons sugar |
| 2 tablespoons chopped fresh | $\frac{1}{4}$ teaspoon salt |
| dill or 1 teaspoon dried | 1 egg yolk, beaten |
| dill | |

Directions:

Melt margarine in saucepan and blend in flour. Gradually stir in veal stock. Cook, stirring constantly, until smooth and thick. Remove from heat and stir in dill, vinegar, sugar and salt. Quickly stir in egg yolk and serve immediately.

ENTREES

BOILED CAPON WITH CREAMY HORSERADISH SAUCE (DANISH)

Makes 6 servings (about 2000 calories) ; 1 serving—334 calories

- | | |
|-----------------------|----------------------------|
| 1 5-lb. capon | $\frac{1}{2}$ stalk celery |
| 1 leek or 2 scallions | 1 onion |
| 1 carrot | 1 teaspoon salt |

Scandinavian Menu

Directions:

Place capon on bed of vegetables in large saucepan and pour boiling water over. Add salt and cover pan. Bring to a boil quickly, then reduce heat and simmer until bird is done. Remove from stock. Pull off skin, and cut meat from bones. Arrange on heated serving platter and serve with Creamy Horseradish Sauce.

CREAMY HORSERADISH SAUCE

- | | |
|-------------------------------|------------------------------|
| 4 tablespoons, diet margarine | 2 tablespoons freshly grated |
| 2 tablespoons flour | horseradish |
| 1 cup skim milk (made from | |
| non-fat instant dry milk), | |
| heated | |

Directions:

Melt butter and blend in flour smoothly. Pour in heated skim milk, stirring constantly until sauce is thickened. Add horseradish and salt to taste. Do not allow to boil. Pour over capon and serve at once.

ACCOMPANIMENTS

CUCUMBER SALAD (NORWEGIAN)

Makes 6 servings (140 calories); 1 serving—24 calories

- | | |
|-----------------------------|-------------------------------|
| 1 large cucumber | 3 tablespoons sugar |
| thinly sliced (unpeeled) | $\frac{1}{2}$ teaspoon pepper |
| 2 tablespoons boiling water | |
| $\frac{1}{4}$ teaspoon salt | |

Directions:

Bring water, salt, sugar and pepper to a boil. Cool and add vinegar. Pour over sliced cucumber and let stand 15 minutes. Sprinkle with chopped parsley.

ACCOMPANIMENTS

GLAZED ONIONS (DANISH)

Makes 4 servings (340 calories); 1 serving—85 calories

- | | |
|----------------|-------------------------------|
| 8 small onions | 2 tablespoons diet margarine |
| Salt | 1 teaspoon brown sugar |
| 2 cups water | $\frac{1}{2}$ cup onion stock |

Scandinavian Menu

Directions:

Peel onions and boil in salted water 10 minutes. Drain, reserving $\frac{1}{2}$ cup onion stock. Melt margarine in heavy frying pan. Add onions, sugar, and salt and cook until onions are brown. Add onion stock, cover and simmer until onions are tender, about 30 minutes.

DESSERTS

DREAM CREAM (NORWEGIAN)

Makes 6 servings (310 calories); 1 serving—50 calories

3 egg whites

Juice of $\frac{1}{2}$ lemon

3 tablespoons sugar

1 cup dietetic applesauce

Directions:

Beat egg whites stiff, but not dry. Add lemon juice and fold in sugar. Whip to a fluffy cream. Fold in applesauce and spoon into dessert dishes. Top with a sprinkling of nutmeg if desired.

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Spanish Menu

SOUP

GAZPACHO

Makes 8-10 servings (810 calories); 1 serving—101 calories

- | | |
|---|----------------------------------|
| 6 medium tomatoes, peeled
and chopped | $\frac{1}{4}$ cup olive oil |
| 2 medium cucumbers, seeded
and chopped | 3 tablespoons vinegar |
| 1 medium onion, chopped | 4 teaspoons salt |
| 1 can (4-oz.) pimentos,
drained and minced | Pepper |
| 2 garlic cloves, peeled
and minced | $1\frac{1}{2}$ cups tomato juice |
| | Minced parsley |

Directions:

In large bowl combine tomatoes, cucumbers, onions, pimentos, and garlic. Stir in olive oil, vinegar, salt, pepper, and tomato juice, blending thoroughly. Cover and refrigerate until chilled. Serve in soup bowls with an ice cube in each bowl. Top with minced parsley.

ENTREE

BAKED FISH SPANISH STYLE

Makes 6 servings (1002 calories); 1 serving—169 calories

- | | |
|---------------------------------------|---------------------------------|
| 6 slices sea bass | 6 anchovy fillets |
| Salt and pepper | 6 slices tomatoes |
| $\frac{1}{4}$ teaspoon cayenne pepper | 3 tablespoons chopped scallions |
| $\frac{1}{4}$ teaspoon nutmeg | 1 cup mushrooms (sliced) |
| 1 tablespoon olive oil | $\frac{1}{4}$ cup white wine |
| 1 medium onion, sliced | 3 tablespoons diet margarine |
| 2 tablespoons pimentos,
chopped | 3 tablespoons bread crumbs |

Directions:

Clean fish. Dry and season with mixture of spices. Place olive oil in baking dish. Make a bed of onion slices and pimentos in baking dish. Arrange fish slices on vegetables and place an anchovy fillet and a slice of tomato on each slice. Sprinkle with chopped scallions and sliced mushrooms. Pour white wine mixed with $\frac{1}{4}$ cup water over all. Dot with diet margarine. Cover baking dish tightly and bake in hot (450° F.) oven 25-30 minutes. Uncover and sprinkle top with bread crumbs. Continue baking until top is browned. Serve very hot.

Spanish Menu

ACCOMPANIMENTS

ANDALUSIAN STRING BEANS

Makes 6 servings (56 calories) ; 1 serving—93 calories

- | | |
|---|--|
| 2 packages (10-oz. each)
frozen string beans | 2 tablespoons chopped
pimentos |
| 1 tablespoon lemon juice | Parsley |
| 1 tablespoon olive oil | |
| 1 cup mashed potatoes (may
be made from instant
mashed potatoes) | |

Directions:

Cook string beans according to package directions. Drain and toss with lemon juice and olive oil. Place on heated serving dish and keep hot. Prepared mashed potatoes, according to package direction, using skim milk and diet margarine. Spread potatoes over beans; garnish with pimento and parsley sprigs.

DESSERTS

SPANISH PUDDING

Makes 6 servings (190 calories) ; 1 serving—31 calories

- | | |
|---|-------------------------------------|
| 1 envelope low-calorie
orange gelatin | 2 cups hot skim milk |
| | 2 egg whites, stiffly beaten |

Directions:

Dissolve gelatin in skim milk. Cool until it begins to thicken. Fold in the beaten egg whites. Pour into large mold and chill until set.

ENTREES

MUSSELS SPANISH STYLE

Makes 4 servings (650 calories) ; 1 serving—162 calories

- | | |
|--|--------------------------------|
| 4 dozen mussels | 2 cups shredded cabbage |
| 4 medium tomatoes, peeled
and seeded | 1 teaspoon oregano |

Directions:

Steam the mussels open in 4 cups of water. Remove mussels from shells and keep warm. (Discard shells.) Add tomatoes, cabbage and oregano to liquid, mussels were cooked in and cook until cabbage is tender. Put through a sieve, or whirl in a blender. Pour sauce over mussels and serve immediately.

Spanish Menu

LISBON LIVER

Makes 4 servings (900 calories) ; 1 serving—225 calories

1 lb. beef or calves liver
1 cup dry white wine
2 garlic cloves
1 bay leaf

Salt and pepper
1 tablespoon vinegar
¼ cup diet margarine

Directions:

Cut liver into thin strips. Place in earthen or glass bowl with wine, garlic, bay leaf, salt and pepper and vinegar. Marinate 3-4 hours. Melt margarine and add 2 tablespoons of marinade. Let come to boil and gradually add remaining sauces, little by little. Add liver and simmer until meat is tender, about 5 minutes.

LUNCHEON OR SUPPER DISHES

FISHERMEN'S LEMONS (PORTUGUESE)

Makes 4 servings (275 calories) ; 1 serving—68 calories

4 large lemons
¾ cup cooked fish
2 tablespoons low calorie
mayonnaise

1 hard-cooked egg, chopped
Radishes
Watercress

Directions:

Cut lemons in half, squeeze out the juice, and scoop out all the pulp. Mix fish with mayonnaise and 1 teaspoon lemon juice (freeze the rest of the lemon juice for use in other dishes). Cut off bottoms of lemon halves so they stand flat on serving dish. Fill lemon halves with fish mixture and top with chopped egg. Garnish with radishes and watercress.

PORTUGUESE EGGS

Makes 4 servings (725 calories) ; 1 serving—181 calories

4 large tomatoes
4 eggs
¼ cup bread crumbs

4 tablespoons diet margarine
Salt and pepper

Directions:

Cut off tops of tomatoes; scoop out centers and break an egg into each tomato. Sprinkle with salt and pepper and bread crumbs. Dot with margarine. Place in greased oven dish and bake in medium (350° F.) oven about 15 minutes, or until eggs are set.

Greek Menu

SOUP

AVGOLEMONO SOUP

Makes 6 servings (300 calories) ; 1 serving—50 calories

6 cups beef bouillon **Juice of 1 lemon**
2 eggs

Directions:

Heat the bouillon in large saucepan. Meanwhile, beat eggs well. Slowly add the lemon juice to the eggs, beating constantly, about 5 minutes. To this mixture slowly add about 1 cup of hot stock, beating constantly; then pour into soup pot. Stir soup over low flame until it thickens slightly, about 5 minutes. Serve hot.

ENTREE

GRILLED BEEFSTEAK

Makes 6 servings (2080 calories) ; 1 serving—346 calories

3 lbs. boneless sirloin steak **2 teaspoons olive oil**
Pepper **Juice of ½ lemon**
2 teaspoons oregano

Directions:

Remove all visible fat from steak. Season with pepper and oregano. Brush with a little olive oil and let stand about 1 hour. Broil in preheated 450° F. broiler until first side is browned; then turn and brown second side. Baste from time to time with pan juices and with lemon juice.

ACCOMPANIMENTS

SPINACH SOUFFLE

Makes 8 servings (1005 calories) ; 1 serving—125 calories

1 cup raw spinach, washed **1 cup skim milk, scalded**
 and chopped **4 scallions, white part only,**
Salt and pepper **chopped**
5 tablespoons diet margarine **7 eggs, separated**
7 tablespoons flour

Directions:

Season spinach with salt and pepper and place in sieve or large strainer to drain about 1 hour. Melt margarine in small pan and blend in flour, mixing to a smooth paste. Gradually add hot milk and heat over moderate flame until mixture comes to a boil and sauce thickens. Add salt and pepper. Remove from heat and stir in spinach and scallions. Beat yolks until thick; beat whites until stiff but not dry. Fold yolks into spinach mixture; then gently fold in whites. Pour into buttered souffle dish or mold. Bake in preheated moderate (350° F.) oven about 30 minutes. Serve immediately.

Greek Menu

TOMATO CABBAGE SALAD

Makes 6 servings (260 calories) ; 1 serving—43 calories

1 small cabbage
4 tomatoes
12 black olives

6 tablespoons low calorie
French dressing

Directions:

Discard outer leaves of cabbage. Cut cabbage in half, then shred. Place in colander and wash under running water. Drain well. Slice 2 tomatoes; cut remaining two into wedges. Mound the shredded cabbage in the center of a platter and make a border around edge of platter with sliced tomatoes. Place one olive on top of the mound and arrange tomato wedges around it. Scatter remaining olives over the cabbage. Just before serving, pour French dressing over salad.

DESSERT

PEACH COMPOTE

Makes 6 servings (440 calories) ; 1 serving—74 calories

3 medium freestone peaches
(slightly underripe are best)
1 cup water
Juice and rind of 1 lemon
 $\frac{1}{4}$ cup sugar

Liquid sweetener equal to
 $\frac{3}{4}$ cup sugar
2 tablespoons cherry-flavored
liqueur

Directions:

Wash peaches and cut into quarters; discard pits. Place fruit in bowl of water with lemon juice. Boil 1 cup water with pieces of lemon rind, sugar, and sweetener. Drain peaches and add to hot syrup. Cook peaches only until barely tender. Remove from syrup with slotted spoon. Boil the syrup until it becomes slightly thick. Remove from heat; add cherry-flavored liqueur and pour over peaches. Serve hot or chilled.

Mexican Menu

APPETIZER

SEVICHE

Makes 6 servings (720 calories) ; 1 serving—120 calories

- | | |
|----------------------------------|----------------------------------|
| 1 lb. lean boneless fish fillets | 2 small hot red peppers, |
| 1 cup lemon or lime juice | chopped |
| 3 bay leaves | 2 lemons, quartered |
| 1 clove garlic, minced | 3-4 sprigs parsley or watercress |
| 4 tablespoons white vinegar | Salt |
| 1 large onion, thinly sliced | |

Directions:

Remove any skin from fish and cut fish into small squares. Place in glass dish; add bay leaves, salt to taste, and pour lime juice over. Toss fish in juice so all pieces are coated. Refrigerate overnight. Soak garlic, onion, and peppers in vinegar. To serve, mix fish and vegetables. Garnish with lemon quarters and parsley.

ENTREE

MEXICAN CHILI CON CARNE

Makes 6 servings (1555 calories) ; 1 serving—256 calories

- | | |
|-----------------------------|-------------------------------|
| 1½ lbs. lean beef, cut into | 2 garlic cloves, minced |
| small cubes | 1½-2 tablespoons chili powder |
| 1 scant tablespoon lard | Salt and pepper |
| 2 onions, sliced | ¼ teaspoon oregano |
| ½ cup diced green pepper | 1 cup canned red kidney |
| 1 cup chopped tomatoes | beans, drained |

Directions:

Heat lard in large heavy skillet and saute onions and green pepper about 10 minutes. Add meat and brown over high flame. Blend tomatoes with garlic; add chili, salt, pepper, and oregano. Stir in ½ cup hot water and add this mixture to meat in skillet. Cook, covered, over low heat 2 hours. Add beans and heat thoroughly.

ACCOMPANIMENTS

MEXICAN SALAD

Makes 6 servings (270 calories) ; 1 serving—45 calories

- | | |
|--------------------------------|---------------------------|
| 4 small green peppers, chopped | 2 tablespoons chili sauce |
| 2 onions, chopped | ½ cup vinegar |
| 5 small tomatoes, chopped | Lettuce leaves |
| 3 slices bacon | |

Mexican Menu

Directions:

Mix green peppers, onions, and tomatoes. Cut bacon into small pieces and cook until crisp. Drain off fat; stir in chili sauce and vinegar. Cook over high flame until mixture comes to a boil. Remove from heat. Arrange chopped vegetables on lettuce leaves and pour hot dressing over.

DESSERT

JERICALLA

Makes 6 servings (355 calories) ; 1 serving—59 calories

2 cups skim milk	1 cinnamon stick
Sweetener equal to 1 cup	2 eggs
sugar	2 egg yolks

Directions:

Combine milk and sweetener in saucepan; add cinnamon stick. Cook about 5 minutes over medium flame. Cool. Combine eggs and egg yolks and beat well. Add milk. Pour into six greased muffin pans or glass custard cups. Place in pan of hot water. Bake in preheated moderate (350° F.) oven until set.

ENTREES

CARACAS BEEF STEW (VENEZUELA)

Makes 8-10 servings (1900 calories) ; 1 serving—185 calories

3 lbs. chuck roast	1 onion, minced
½ cup water	2 garlic cloves, minced
1 beef bouillon cube	2 tomatoes, peeled and
2 tablespoons cooking oil	chopped

Directions:

Place meat in saucepan with water and bouillon cube. Cover, bring to a boil; reduce flame and simmer about 2 hours. When meat is tender, liquid will be completely evaporated. Remove meat from pan and cool. Pull meat apart with two forks to form long thin shreds; set aside. Heat oil in heavy frying pan; add onion and garlic and cook until onion is transparent. Add tomatoes and meat shreds. Simmer over very low heat 15 minutes. Serve hot.

WHITE RICE (VENEZUELA)

Makes 8 servings (300 calories) ; 1 serving—37 calories

2 tablespoons diet margarine	2 cups water
1 cup rice	¼ cup pimientos, drained and
2 garlic cloves, minced	sliced
1 onion, finely chopped	

Mexican Menu

Directions:

Melt margarine in saucepan. Add rice, garlic, and onions. Saute, stirring constantly until rice just begins to brown. Add water and pimento. Cover, bring to a boil rapidly; reduce flame and simmer 20-30 minutes, or until rice is tender and water is completely absorbed.

ENTREES

GROUND MEAT STEW (PARAGUAY)

Makes 6 servings (1305 calories) ; 1 serving—217 calories

- | | |
|---|--|
| 6 cups water | 2 green bananas, sliced |
| 1 lb. lean chopped beef | $\frac{1}{4}$ cup rice |
| 2 tablespoons shortening | Salt and pepper |
| 2 large onions, chopped | |
| 2 large tomatoes, peeled
and chopped | |

Directions:

Stir water into beef in saucepan over medium flame; stir until it becomes a thick soup. Cover and simmer. Meanwhile in a heavy frying pan heat shortening; fry onion until browned slightly; add tomatoes and banana slices. Combine two mixtures in large saucepan and add rice, salt and pepper. Cover tightly and simmer about 30 minutes or until rice is tender. Serve in soup plates.

EGGS

MEXICAN SCRAMBLED EGGS

Makes 2 servings (385 calories) ; 1 serving—192 calories

- | | |
|---|------------------------------------|
| 4 eggs | 1 tablespoon chili powder |
| 1 tablespoon skim milk | 1 small onion, chopped |
| 1 small tomato | 1 tablespoon minced parsley |
| 1 teaspoon butter | Salt and pepper |
| 1 tablespoon minced
green pepper | |

Directions:

Beat eggs with milk and let stand. Hold tomato on fork over high flame until skin splits; then peel off with sharp knife. Chop tomato into small pieces. Saute pepper in butter; add chili, tomato, and onion. Cook until all are slightly soft. Pour in eggs and cook over very low flame, stirring constantly. Add parsley and salt and pepper just before serving.

Nippon Menu

SOUP

EGG SOUP

Makes 4 servings (about 200 calories) ; 1 serving—about 50 calories

- | | |
|---|---------------------------------|
| 2 cups dashi (Japanese soup base) or | 2 teaspoons cornstarch |
| 1½ cups chicken bouillon and | 2 eggs, beaten |
| 1 cup clam broth | 1 ginger root (optional) |

Directions:

Bring dashi or chicken bouillon and clam broth to a boil in large saucepan. Mix cornstarch with about $\frac{1}{4}$ cup water and add to broth. Bring to a boil. Slowly pour beaten egg into broth in a thin stream and in a circular pattern. When egg floats to surface in thin strands, pour soup into bowls. Squeeze one or two drops of juice squeezed from ginger root, if desired. Serve hot.

ENTREE

YAKITORI (BROILED CHICKEN)

Makes 4 servings (740 calories) ; 1 serving—185 calories

- | | |
|--|--|
| 1 3-lb. broiler, boned and cut into 1½-inch squares | $\frac{3}{4}$ cup soy sauce |
| 10 large scallions, cut into 2-inch strips | $\frac{1}{4}$ cup sugar |
| Cayenne pepper | $\frac{3}{4}$ cup sake (rice wine) or dry sherry |

Directions:

Skewer pieces of chicken and scallion alternately on wood or metal skewers about 6 inches long. About 4 pieces of chicken and 3 strips of scallion will go onto each skewer. Combine remaining ingredients to make sauce to baste meat and scallions. Broil at 450° F. with oven door open. Baste about 3 or 4 times during cooking and turn from time to time. Serve very hot and sprinkle additional cayenne pepper over, if desired.

ACCOMPANIMENTS

JAPANESE RICE

Makes 4 servings (200 calories) ; 1 serving—50 calories

- | | |
|-------------------|---------------------|
| 1 cup rice | 2 cups water |
|-------------------|---------------------|

Directions:

Wash rice several times in cold water. Drain and put in 1-quart saucepan. Add 2 cups water. Bring to a rolling boil, then turn flame down to medium. After 10 minutes turn flame very low and steam another 10 minutes. Keep covered until ready to serve. Do not stir.

Nippon Menu

SUNOMO (Salad)

Makes 4 servings (120 calories) ; 1 serving—30 calories

6 white radishes or 8 medium-sized red radishes, grated
 $\frac{1}{4}$ cup cucumbers, coarsely chopped
4 medium-sized canned or cooked shrimp, chopped (optional)

2 tablespoons sugar
Pinch of salt
 $\frac{1}{4}$ cup vinegar
1 teaspoon grated horseradish
1 teaspoon grated ginger root or
 $\frac{1}{4}$ teaspoon dried ginger

Directions:

Press a small amount of liquid from grated radishes and mix with sugar, salt, and vinegar. Combine with remaining ingredients; mix thoroughly so flavors blend. Shape into mounds and serve.

BEVERAGE

JAPANESE TEA

Makes 4 servings—no calories

1 tablespoon green tea

3 cups boiling water

Directions:

Place tea leaves in heated tea pot. Pour boiling water over. Allow tea to brew a few minutes, depending upon strength desired. Serve hot, without sugar or milk.

DESSERT

STRAWBERRIES AND WHITE GRAPES

Makes 4 servings (about 90 calories) ; 1 serving—about 23 calories

1 cup strawberries
 $\frac{1}{2}$ cup white or green seedless grapes

Powdered sugar

Directions:

Wash strawberries, but do not hull. Arrange on small plates, surrounded by grapes. Sprinkle berries lightly with powdered sugar.

ENTREES

TERIYAKI

Makes 4 servings (1000 calories) ; 1 serving—250 calories

$1\frac{1}{2}$ lb. filleted fish—salmon, rockfish, tuna, or mackerel
 $\frac{3}{4}$ cup soy sauce

$\frac{3}{4}$ cup sake or dry sherry
2 tablespoons sugar

Nippon Menu

Directions:

Cut fish into small serving pieces. Combine soy sauce, sake or sherry, and sugar. Marinate fish in this sauce about $\frac{1}{2}$ hour. Remove fish from marinade and place on rack in broiler. Broil at 450° F. with oven door open, about 4 minutes on one side, 6 minutes on second side. Baste with sauce 2 or 3 times during broiling. Serve hot with remaining sauce.

BEEF SUKIYAKI FOR AMERICANS

Makes 6 servings (2160 calories) ; 1 serving—360 calories

- | | |
|--|---|
| 1 tablespoon cooking oil | 2 cups tofu (soybean curd,
available in cans)
(optional) |
| 2 lbs. beef tenderloin, cut into
strips | 12 large mushrooms, sliced |
| 12 scallions, cut into 2-inch
strips | 1 can bamboo shoots, drained
and cut into bite-sized
pieces |
| $\frac{1}{2}$ Chinese cabbage, cut into
2-inch strips | |
| $\frac{1}{2}$ lb. fresh spinach, cut into
1-inch strips | |

Sauce:

- | |
|--------------------------------------|
| $\frac{1}{2}$ cup soy sauce |
| $\frac{1}{4}$ cup sake or dry sherry |
| 3 tablespoons sugar |

Directions:

Heat in oil in large heavy skillet. Brown the meat on all sides only until it loses its red color. Meanwhile prepare sauce by combining soy, sake or sherry and sugar. Place vegetables on top of beef slices and cook quickly; then transfer beef to top of vegetables with tongs. Cook over medium heat only until vegetables are barely tender. Serve hot.

NOTE: Meat may be dipped in freshly prepared mustard, made by combining dry mustard with warm water enough to make a sauce about the same consistency as ketchup.

ENTREES

SHIOYAKI (SALT BROILED FISH)

Makes 4 servings (1000 calories) ; 1 serving—250 calories

- | | |
|---|------------------------------------|
| $1\frac{1}{2}$ lb. mackerel or rockfish
filleted | 1 teaspoon salt
1 lemon or lime |
|---|------------------------------------|

Nippon Menu

Directions:

Cut fish into serving size pieces. Sprinkle $\frac{1}{2}$ teaspoon salt over fish and let stand $\frac{1}{2}$ hour. Sprinkle remaining salt over, just before broiling. Place fish about 6-7 inches from flame, about 4 minutes on first side; 6 minutes on second side. Squeeze lemon or lime juice over fish and serve immediately.

ACCOMPANIMENTS

SUSHI RICE

Makes 4 servings (240 calories) ; 1 serving—60 calories

1 $\frac{1}{4}$ cups rice

$\frac{1}{2}$ teaspoon salt

2 tablespoons vinegar

Directions:

Wash rice several times in cold water. Drain and cook 20 minutes in boiling salted water. Drain off any remaining water, cool rice as quickly as possible and mix with vinegar and salt.

TSUKEMONO (VEGETABLE RELISH)

Makes 8-10 servings (300 calories) ; 1 serving—about 30-40 calories

1 medium-sized eggplant

2 cucumbers

2-3 medium-sized turnips

Salt

Directions:

Wash eggplant and cut into strips. Peel turnips and cut into strips. Slice cucumbers without peeling. Put into a jar in layers, sprinkling each layer generously with salt. Put a heavy weight on top and leave for 3 days. Serve at once.

Indian Menu

SOUP

MULLIGATAWY

Makes 6 servings (420 calories) ; 1 serving—70 calories

- | | |
|----------------------------|--|
| 1½ quarts chicken bouillon | 2 turnips, chopped |
| 1 carrot, chopped | 2 teaspoons curry powder |
| 3 stalks celery, chopped | 1 cup cooked chicken, cut into small cubes |
| 2 onions, chopped | |

Directions:

In large saucepan cook chicken bouillon and chopped vegetables, covered, about 30 minutes over low heat. Stir in curry powder and cook 5 minutes. Just before serving add chicken pieces and cook only long enough for chicken to be heated through.

FISH CURRY

Makes 6 servings (840 calories) ; 1 serving—140 calories

- | | |
|--|--|
| 1½ lbs. cod, bass, or trout fillets, cut into small pieces | 1½ tablespoons grated coconut (preferably unsweetened) |
| 2 tablespoons diet margarine | 1 teaspoon salt |
| 2 garlic cloves | 1½ teaspoons curry powder |
| 3 onions, chopped | 3 tomatoes, sliced |
| 3 tablespoons chopped parsley | 3 tablespoons plain yogurt |
| 1½ teaspoons turmeric | |

Directions:

Heat margarine in skillet and fry the onions, garlic, and parsley until onions are lightly browned. Add turmeric, salt, coconut, and curry powder. Mix well and cook about 3 minutes. Add sliced tomatoes and cook another 10 minutes. Stir in yogurt and cook 5 minutes over medium heat. Add fish and cover well with sauce. Let curry come to a boil; cover and simmer 10 minutes more and serve hot.

ACCOMPANIMENTS

APPLE CHUTNEY

Makes 6 servings (135 calories) ; 1 serving—22 calories

- | | |
|-------------------------|---------------------------|
| 1 large green pepper | ½ teaspoon cayenne pepper |
| 1 large tart apple | ¾ teaspoon paprika |
| 2 teaspoons lemon juice | Salt |

Directions:

Hold pepper on fork over high flame until skin cracks and remove it with a sharp pointed knife. Remove seeds; chop pepper. Peel and core apple and chop very fine. Mix with chopped pepper; add lemon juice, and seasonings and mix thoroughly.

Indian Menu

FRIED PARSLEY

Makes 6 servings (150 calories); 1 serving—25 calories

1 large bunch parsley

1½ tablespoons oil

Directions:

Heat enough oil to reach about 1 inch in frying pan. Pull top leaves from parsley and toss into hot oil. Cook about 1 minute. Drain on paper towelling.

DESSERT

SWEETENED YOGURT

Makes 6 servings (520 calories); 1 serving—86 calories

3 cups plain yogurt

Liquid sweetener to taste

**¾ teaspoon rosewater or
vanilla**

**1 tablespoon slivered, blanched
almonds**

1 tablespoon currants

Directions:

Put yogurt into fine cheesecloth and twist so excess liquid is drained off. Place yogurt in bowl and add sweetener to taste. Stir in vanilla and mix thoroughly. Top with almonds and currants.

APPETIZER OR SNACK

CHICKEN KABOBS

Makes 12 kabobs (300 calories); 1 serving—25 calories

1 cup cooked chicken, minced

**1 teaspoon ground green chili
powder**

**¼ teaspoon dry English
mustard**

2 teaspoons minced onion

1 egg

1 tablespoon milk

1-2 tablespoons diet margarine

Directions:

Combine all ingredients except margarine and let stand 15-20 minutes to allow flavors to blend. Form into small flat cakes. Saute in margarine until golden brown. Drain on paper towelling and serve immediately.

Pacific Islands Recipes

APPETIZER

RUMAKI (POLYNESIA)

Makes 6 servings (485 calories) ; 1 serving—80 calories

- | | |
|------------------------------------|------------------------------------|
| 1 tablespoon diet margarine | 6 water chestnuts, drained |
| 6 chicken livers | 3 slices bacon, cut in half |

Directions:

Melt margarine in skillet and saute chicken livers about 5 minutes, or until done; cool. Wrap each chicken liver and water chestnut together in $\frac{1}{2}$ bacon slice and fasten with toothpick. Refrigerate until just before serving time. Then broil in hot oven until bacon is crisp. Serve very hot.

SOUP

FISH CHOWDER (PHILLIPPINES)

Makes 6 servings (1075 calories) ; 1 serving—179 calories

- | | |
|-----------------------------------|--|
| 1 lb. tomatoes, chopped | $\frac{1}{4}$ teaspoon dried chili peppers |
| 1 cup thinly sliced onions | $1\frac{1}{2}$ lbs. fish fillets (any lean fish will do) |
| 2 cups water | 1 cup chopped fresh spinach |
| 3 cups bottled clam juice | |

Directions:

Combine tomatoes, onions, water, clam juice and chili peppers in large saucepan; bring to a boil; lower flame and simmer, covered, 10 minutes. Add spinach and cook another 3 minutes. Serve immediately.

ENTREES

POT ROAST IN CASSEROLE (AUSTRALIAN)

Makes 6 servings (2145 calories) ; 1 serving—357 calories

- | | |
|---|---|
| $1\frac{1}{2}$ lbs. lean chuck, cut into 1-inch cubes | 1 tablespoon shortening |
| 1 cup dry red wine | 2 onions, sliced |
| $\frac{1}{4}$ teaspoon marjoram | 3 carrots, thinly sliced |
| 1 bay leaf | 2 stalks celery, thinly sliced |
| $\frac{1}{4}$ teaspoon thyme | 2 tablespoons flour |
| Salt and pepper | $\frac{3}{4}$ cup water |

Directions:

Put meat in glass or earthen bowl. Combine wine and seasonings and pour over meat. Cover and marinate 3-4 hours. Drain meat, reserving marinade. Heat shortening in large frying pan and brown meat on all sides. Place vegetables and meat in casserole. Stir flour into juices in frying pan and brown lightly. Stir in reserved marinade and water; and bring to a boil. Pour over meat and vegetables. Bake in preheated moderate (350° F.) oven, covered, 2 hours or until meat is tender.

Pacific Islands Recipes

HAWAIIAN SHRIMP

Makes 6 servings as main course; 8 servings as appetizer (575 calories) —

1 serving—95 calories

1 1/2 lbs. raw shrimp
1 cup lime juice

1/2 cup finely chopped onions
Salt and pepper

Directions:

Remove shells from shrimp and devein. Slit shrimp in half lengthwise. Rinse and dry thoroughly. Place in glass or earthen bowl with lime juice and onions. Marinate several hours or overnight. Sprinkle with salt and pepper just before serving.

ENTREES

CHICKEN IN COCONUT MILK (HAWAII)

Makes 4 servings (925 calories) ; 1 serving—256 calories

1 3-lb. all purpose chicken
1 tablespoon shortening
2 teaspoons salt
1 1/4 cups coconut milk
3 tablespoons diet margarine

1 package (10 oz.) frozen
chopped spinach, thawed
2 tablespoons instant minced
onion

Directions:

Cut chicken from bones and cube. Heat shortening in frying pan and saute chicken until golden brown. Add 1 1/2 teaspoons salt and 1/4 cup coconut milk. Cover and cook over low heat 15 minutes. Meanwhile, melt margarine in saucepan; add spinach, onion, and 1/2 teaspoon salt. Cover and simmer 15 minutes. Add browned chicken pieces, and remaining coconut milk. Bring to a boil and serve immediately.

STEAK POLYNESIAN STYLE

Makes 8 servings (3155 calories) ; 1 serving—394 calories

2 lbs. flank steak
2 tablespoons soy sauce
1 garlic clove, minced
1 medium onion, minced
1/2 teaspoon cayenne pepper
1 tablespoon diet margarine

1/2 lb. sliced mushrooms
2 tablespoons salad oil
1 can (16 oz.) bean sprouts,
drained
Salt

Directions:

Slice steak into paper thin strips, diagonally across the grain. Toss with soy, garlic, cayenne, and onion, and refrigerate. Meanwhile, saute mushrooms in margarine in a frying pan about 5 minutes. Remove from pan and set aside. Pour salad oil into the frying pan and brown steak strips. Cover and cook over low heat until tender, about 30 minutes. Add mushrooms and bean sprouts, heat through, and serve immediately.

HOW TO READ THE CALORIE CHART Remember . . . AVERAGE SERVING IS USUALLY FOUR OUNCES

We will use an egg as an example
★EGGS (A) (B1) (B2) . . . 1 Aver. . . 75 • G F P
The ★ star on the extreme left means that it contains lots of protein. The vitamins that it is high in are in parenthesis (A) (B1) (B2). The • dot on the right side indicates high salt content.
The letters on the extreme right indicate that the egg is good in protein, fair in fat and poor in carbohydrate.
The letters indicate PROTEIN FAT AND CARBOHYDRATE RATING in that order. The ratings are E for excellent; V - very good; G - good; F - fair; and P - poor.

Protein
Fat
Carbohydrate

A-1 Sauce	1 Tsp.	10	•	PPP
★Abalone	Aver. serving	100		EFF
Ale	1 Cup	100		PPF
Alexander	1 Cocktail	225		PFE
All-Bran	1 Cup	100	•	GPE
Alligator Pears (A-C)	½ Small	125		PFF
★Almonds—Shelled	12Medium	100		VEG
★American Cheese	1 Slice	100	•	EVP
Anchovies	6	50	•	VFP
Anchovy Paste	1 Heap. Tbsp.	50	•	VFP
Animal Crackers	6	50		FFF
Annisette—Cordial	1	80		PPE
Apple (C)	1 Sm. 2½" dia.	75		PPF
Apple Baked w. Sug.	" " " "	200		PPV
Apple Cider	¾ Cup Sc.	75		PPF
Apple (Dried)	2 Oz.	150		PPG
Apple Butter	1 Tbsp.	50		PPE
Apple Dumpling	1 Medium	275		PFV
Apple (Brown Betty)	½ Cup	200		PPV
Apple Fritters	1	200		PFV
Applejack	Shot	100		PPG
Apple Pie	1/6	275		PFV
Apple Sauce w. Sug.	½ Cup	100		PPG
Apricots (A)	5 Medium	100		PPF
Apricots (canned or cooked with syrup)	3 Halves	50	•	PPG
Apricots (Dried) (A)	3 Halves	50		PPE
Apricot Pie	1/6	250		PFV
Artichoke (ckd or fr)	1 Large	75		PPF
Asparagus (C)	12 Stalks	25		PPP
Asparagus (canned)	12 Tips	25	•	PPP
Asparagus Soup (creamed)	1 Cup	200	•	FEF
Avocado (B1) (C)	1 Small	425		PGF
★Bacon	3 Strips (Crisp)	100	•	EEP
Bacon Fat	1 Tsp.	50		PEP
Bagel	1	110		FPE
Baked Alaska	Aver. serving	350		PFG
Banana (A) (C)	1 Medium	100		PPG
Banana Cake	Aver. serving	200	•	PFV
Banana Cream Pie	Aver. serving	350		PGV
Banana Custard	Aver. serving	200		PPG
Banana Short Cake	Aver. serving	250	•	PFV
Banana Split	1	450		FGE
Barley	½ Cup	325		FPE
Barley Soup	1 Cup	125		PPG
★Bass	¼ Lb.	100		EFF
Bean Soup	1 Cup	225		PPF
Beans (Baked)	1 Cup	200		FPG
Beans—Kidney	1 Cup	175		FPG
Beans—Lima (B1-C)	1 Cup	175		FPG
Beans—Navy (B1-B2)	1 Cup	200		FPG
Beans—Soy (B1-B2)	½ Cup	125		GPP
Beans (String) (A) (C) (B2)	1 Cup	50		PPF
★Beef (Boiled) (B2)	Aver. serving	250		EFF
Beef Broth	1 Cup	35		FPF
★Beef (Chopped) (B2)	¼ Lb.	350		EVP

★Beef (Corned)	¼ Lb.	325		EFF
★Beef (Pot Roast)	Aver. serving	300		EGP
★Beef (Standing Rib Roast)	Aver. serving	300		EGP
★Beef Steak	Aver. serving	200		EGP
Beef Stew	1 Cup	250		FFF
Beer	1 12-Oz. bottle	150		PPF
Beet Greens (A) (C)	½ Cup (ckd.)	35	•	PPF
Beets	½ Cup	50		PPP
Benedictine Cordial	Pony	75		PPE
Berry Pie	Aver. Piece	350		PFV
Biscuits (baking powder)	2 Sm. or 1 Lg.	100	•	FFE
Blackberries (canned)	1 Cup	200		PPG
Blackberries (fresh)	1 Cup	100		PPP
Blancmange	½ Cup	150		PPF
Blueberries (fresh)	1 Cup	100		PPP
Blueberries (canned)	½ Cup	100	•	PPG
Blueberry Griddle Cakes	One 4" dia.	125		FPV
Blueberry Jam	1 Tbsp.	100		PPE
Blueberry Muffins	1 Aver.	150	•	FPV
Blueberry Pie	1 Piece	375		PFV
★Blue Cheese	1½ Oz.	150	•	EVP
★Blue Fish	Aver. serving	125		VPP
★Bologna	2 Oz.	125		VGP
Bon Bons	1 Aver.	50		PFV
Borscht (plain)	1 Cup	75	•	PPG
Boston Brown Bread	3" Sq. x ½"	75	•	FPE
Boston Cream Pie	1 Piece	400		FGV
Bouillon	1 Cup	25		PPP
Bourbon	Shot	100		PPE
Brains (beef)	Aver. serving	200	•	VGP
Bran Flakes	¾ Cup	100	•	GPE
Bran Muffins	1 Aver.	100	•	GFV
Brandy	Shot	75		PPV
Brandy Punch	1 Cup	250		PPE
★Brazil Nuts (B1)	1 Aver.	50		VEE
Bread	1 Slice	75	•	GPE
Bread with Butter	1 Slice w./But.	100		GFE
Bread Pudding	½ Cup	125	•	FFV
Broccoli	1 Cup	45		PPP
Bronx Cocktail	Aver.	225		PPE
Brown Betty	½ Cup	200	•	PPV
Brown Sugar	1 Tsp.	18		PPE
Brownies	1 Piece 2" sq.	150	•	PPE
Brussels Sprouts (A-C)	1 Cup (ckd.)	60		PPF
Buckwheat Cakes	One 4" dia.	90	•	FFG
Butter (A) (D)	Aver. Pat	50		PEP
Butter Cookies	6	100		GFE
★Buttermilk (B1) (B2)	1 Cup	75	•	GFV
Buttermilk Biscuits	3	100		FPV
★Butternuts	5	100		EEF
Butterscotch Candy	Wafer	75		PFE
Butterscotch Pudding	½ Cup	175		PFE
Butterscotch Sauce	1 Tbsp.	25		PPE
Cabbage (Boiled)	¾ Cup	30		PPP
Cabbage (Raw) (C)	¾ Cup	20		PPP
★Calves Liver (A) (B1) (C) (B2)	Aver. serving	150		EFF
★Camembert Ch. (A)	1½ Oz.	125	•	VGP
Cantaloupe (A) (C)	½ Med.	50		PPP
Carbonated Drinks	Aver.	75		PPF
Caramels	1 Aver.	50		PFE
★Carp	Aver. serving	100		VPP
Carrots (ckd-A-C)	½ Cup	25		PPF
Carrots (Raw) (A) (C) (B2)	1 Med.	25		PPF
Carrot Juice (A) (C)	1 Cup	50		PPP

★Cashew Nuts	7	75	VEG
Catsup	1 Tbsp.	25	• PPP
Cauliflower (C)	¼ Cup	25	• PFF
★Caviar	1 Tbsp.	50	• EFP
Celery (Cooked)	1 Cup	10	• PPP
Celery (Raw) (A) (C)	2 Stalks	10	• PPP
Celery Soup (Clear)	1 Cup	100	• PPP
Celery Soup (crmd)	2/3 Cup	150	• PFF
Champagne	Cocktail	100	• PPG
Cheddar Ch. (A-B2)	1½ Oz.	150	• EVP
Cheese Cake	1 Aver. slice	350	• GFG
Cheese Crackers	3 Small	50	• FPF
Cheese Souffle	¾ Cup	150	• GGF
Cherries (Canned)	20 Small	75	• PPG
Cherries (Fresh)	25 Small	75	• PPG
★Chestnuts (Roasted)	8	50	• PPV
★Chicken (Broiled)	½ Small	100	• EPP
Chicken (Roasted)	Aver. serving	200	• EFP
Chicken a la King	½ Cup	375	• EFG
Chicken Fat	1 Tsp.	65	• PEP
Chicken (Fried)	½ Med.	325	• EGF
Chicken Liver			
(A) (B1) (C)	Each	50	• EFP
Chicken Noodle Soup	1 Cup	125	• PPP
Chicken Rice Soup	1 Cup	125	• PPP
Chicken Soup	1 Cup	100	• PPP
Chicken Stewed	½ Med.	225	• EFP
Chicory (A)	Aver. serving	10	• PPP
Chili Con Carne	½ Cup	150	• GGF
Chil Sauce	1 Tbsp.	25	• PPP
★Chip. Beef (B1-B2)	6 Slices 4" sq.	150	• EFP
Chives	½ Cup	25	• PPP
Chocolate Bar	Aver.	250	• FVE
Chocolate Cake	Aver. serving	250	• FGE
Chocolate Cookies	3 Small	50	• GVE
Chocolate Creams	1 Aver.	75	• FFE
Chocolate Cream Pie	1 Piece	400	• FGE
Chocolate Fudge	1" Sq.	110	• PFE
Chocolate Milk	1 Cup	225	• VVE
Chocolate Mints	3 Small	125	• PFE
Chocolate Pudding	½ Cup	250	• GGV
Chocolate Sauce	1 Tbsp.	25	• PFE
Chocolate Syrup	1 Tbsp.	50	• PPE
Chop Suey	½ Cup	275	• GGP
Chow Mein	½ Cup	125	• FGP
Chutney	1 Tsp.	25	• PPP
Cider	1 Cup Sc.	100	• PPF
Cinnamon Bun	Aver.	100	• FPE
Cinnamon Toast	Slice	200	• GFE
Citron (Candied)	1 Oz.	100	• PPE
Clam Chowder	1 Cup	100	• FFF
Clam Juice	6 Oz.	50	• PPP
★Clams (C)	12 Med.	100	• GPP
Claret Wine	Glass	75	• PPG
Cocoa with Milk	Cup	175	• FFG
Cocoa (Powdered)	1½ Tbsp.	50	• GGV
Cocoonut Cake with			
Icing	Aver. serving	350	• FFE
Cocoonut Creams	1 Aver.	75	• PPE
Cocoonut Custard Pie	Aver. piece	400	• GGV
★Cocoonut (Dried)	2 Tbsp.	50	• PVE
★Cocoonut (Fresh)	1 Slice 2x1½	100	• PVF
★Codfish	Aver. serving	100	• GPP
Codfish Balls	1 Aver.	100	• GPP
Codfish (Creamed)	½ Cup	150	• GFF
Coffee (Black)		00	• PPP
Coffee Cake	1 Pc. 2"x4"	100	• FPV
Cognac	Shot	75	• PPV
Cola	6 Oz.	75	• PPF
Cole Slaw	6 Oz.	20	• PPP

Collards	½ Cup	40	• PPP
★Cond. Milk (B1-C)	1 Tbsp.	50	• GFE
Consomme	Cup	25	• FPP
Corn (Canned)	½ Cup	75	• PPG
Corn Bread	2" sq.	200	• FPV
Corn Flakes	1 Oz. or Cup	100	• FPE
Corn Muffin	1 Aver.	135	• FPV
Corn Meal	½ Cup	75	• PPF
Corn Oil	1 Tbsp.	100	• PEP
Corn on Cob (C)	1 Aver. ear	100	• PPG
Corn Syrup	2 Tbsp.	125	• PPE
★Corned Beef	3 Oz.	250	• EFP
Corned Beef Hash	½ Cup	150	• GFF
Cornstarch Pudding	½ Cup	150	• PPF
★Cottage Cheese			
(Jewish)	½ Cup	200	• EFP
★Cottage Cheese			
(Skim Milk)	1 Cup	150	• VPP
Cotton Seed Oil	1 Tbsp.	100	• PEP
Crab Apples	2 Oz.	45	• PPF
★Crab Meat	½ Cup	65	• VPP
Cracked Wheat Br.	1 Slice	55	• GPE
Cranberry Jelly	1 Tbsp.	50	• PPE
Cranberry Sauce	2 Tbsp.	80	• PPE
Cream (20%-A-C)	3 Tbsp.	100	• GEG
Cream (Whip.-A-C)	1 Tbsp.	50	• GEG
★Cream Cheese (A)	1 Tbsp.	50	• GVG
Cream of Wheat	¾ Cup	100	• PPF
Cream Puff	1 Aver.	175	• GGE
Cream Sauce	1 Tbsp.	50	• FEP
Creamed Corn Soup	1 Cup	225	• PPF
Creme de Cocoa	Pony	75	• PPE
Creme de Menthe	Pony	75	• PPE
Crisco	1 Tbsp.	100	• PEP
Croutons	6 Aver. Cubes	25	• GVV
Cuba Libre	Cocktail	225	• PPE
Cucumbers	One 8"	20	• PPP
Cup Cake (Iced)	1 Small	150	• FFE
Currants (Dried) (C)	¼ Cup	150	• PPE
Custard	½ Cup	125	• FFF
Custard Pie	1 Piece	225	• FFG
Daiquiri	Cocktail	125	• PPV
Dandelion Greens			
(A) (C)	½ Cup	50	• PPP
Date Cookies	2 Aver.	100	• FFE
Date Pudding	Aver. serving	100	• FFE
Dates (Stuffed)	2	100	• PFE
Devils Food Cake	Aver. slice	275	• FFE
Doughnut (Plain)	Aver.	200	• FGV
Doughnut (Jelly)	Aver.	300	• FGE
★Duck	Aver. serving	300	• EPP
Eclair	1 Aver.	300	• FGE
★Edam Cheese	1½ Oz. Cube	125	• EGP
★Egg (A) (B1) (B2)	1 Aver.	75	• GFP
★Egg (Boiled)			
(A) (B1) (B2)	1 Aver.	75	• GFP
★Egg (Fried)			
(A) (B1) (B2)	1 Aver.	100	• GGP
★Egg Nog	1 Cup	300	• GGF
Egg Plant (C)	1 Cup	50	• PPP
★Egg (Poached)			
(A) (B1) (B2)	1 Aver.	75	• GFP
★Egg (Scrambled)			
(A) (B1) (B2)	1 Aver.	125	• GGP
★Egg White	1	20	• GPP
★Egg Yolk	1	55	• EPP
Endive (A) (C)	Small	10	• PPP
English Muffin	1 Aver.	150	• GFE
Escarole (A)	½ Heart	10	• PPP

★Evaporated Milk			
(Sweetnd.-A-B2-D)	2 Tbsp.	75	• FPF
★Evaporated Milk			
(Unsweet.-A-B2-D)	¼ Cup	50	• FPP
Farina	¾ Cup	100	• PPF
Fig Newtons	2	100	PFE
Figs (Canned)	½ Cup	125	• PPV
Figs (Dried)	Each	50	PPE
Figs (Fresh)	4 Large	100	PPG
★Filberts	6	50	GEG
★Filet of Sole (Broiled)	Aver. serving	125	EPP
★Filet Mignon (B2)	Aver. serving	250	EGP
★Finnian Haddie	Aver. serving	125	EPP
★Flounder	Aver. serving	100	VPP
Flour	1 Cup	425	GPE
★Frankfurter	1 Aver.	125	• GFG
French Bread	Slice	50	• GPE
French Dressing	1 Tbsp.	100	PEF
French Fried Potatoes	6 Aver.	100	FFV
French Roll	1	100	• GPE
French Toast	Slice	125	• GFE
Fruit Cake	2½ Oz.	250	• FFE
Fruit Cocktail (Cnd.)	Aver. serving	100	• PPG
Fruit Cocktail (Fresh)	Aver. serving	75	PPF
Fruit Punch	6 Oz.	150	PPV
Fudge	1" Sq.	110	PFE
Garlic	1 Clove	2	PPP
★Gefilte Fish	Aver. serving	150	• VFP
★Gelatin, (Processed,			
Sweetened)	Aver. serving	100	• FPE
Gin	2 Oz.	150	PPV
Gin Collins	Glass	150	PPV
Gin Fizz	Each	125	PPV
Gin Ricky	Each	150	PPV
Ginger Ale	6 Oz.	75	PPF
Ginger Bread	One 2" sq.	200	• FFE
Ginger Snaps	5	100	FFG
Gluten Bread	1 Slice	75	GPE
★Goose (Roasted)	Aver. serving	175	• EFF
Goose Berries			
(A) (B1) (C)	1 Cup	75	PPP
★Gorgonzola Cheese	1 Oz.	100	• EVP
Graham Crackers	3	110	• FFE
Graham Bread	1 Slice	75	• GPE
Grapefruit (C)	½ Med.	50	PPF
Grapefruit			
(Canned) (C)	½ Cup	75	• PPF
Grapefruit Juice (C)	6 Oz.	75	PPF
Grape Juice	½ Cup	75	PPF
Grape Nuts	2 Oz.	200	PPE
Grapes (Concord)	30 Aver.	100	PPF
Gravy (Thick)	1 Tbsp.	50	FGG
Griddle Cakes	One 4½" Dia.	100	FFG
Grits-Hominy	2/3 Cup	100	• PPF
★Gruyere Cheese			
(A) (B1) (B2)	2 Oz.	225	• FVP
Guava (B1-B2-C)	2 Med.	125	PPF
Gum Drops	3 Large	100	GPE
★Haddock	Aver. serving	100	EPP
★Halibut	Aver. serving	100	VPP
★Ham (B1)	Aver. slice	100	EGP
Ham (Deviled)	1 Tbsp.	100	VVP
★Ham (Smoked)	Aver. serving	200	EVP
★Hamburger	2 Oz. Patty	150	EVP
Hard Sauce	1 Tbsp.	100	PGE
Hasenpfeffer	1 Aver. serving	250	GGF
★Hazel Nuts	10 Aver.	100	GFG
★Herring	Aver. serving	100	• EFF
★Hickory Nuts	8 Aver.	50	GEP
Hollandaise Sauce	1 Tbsp.	75	• PVP

Hominy	2/3 Cup	100	• PPF
Honey	1 Tbsp.	65	PPP
Honeydew Melon	¼ Aver.	65	PPP
Horse Radish	1 Tbsp.	5	• PPP
Hot Cross Buns	1	150	• PFFV
Hot Toddy	1 Cup	150	PFF
Huckleberries (Fr.-C)	½ Cup	50	PPP
Hungarian Goulash	Aver. serving	350	• GVG
Ice Cream	Aver. scoop	150	• PFG
Ice Cream Soda	1	350	• PFF
Ice Cream Sundae	Aver.	400	• PGE
Ices	Aver. Scoop	100	PPV
Icing	1 Tbsp.	100	PFE
Irish Whisky	Shot	100	PPV
Jams	1 Tbsp.	100	PPE
Jellies	1 Tbsp.	100	PPE
★Jello	Aver. serving	75	• PPG
Jelly-Beans	15 Aver.	100	PPE
★Jelly Omelet	1 Aver.	275	• PPF
Jelly Roll	Aver. serving	200	• FPE
★Junket	Aver. serving	100	• PPE
Kale (A) (C) (B2)	1 Cup	50	• PPP
★Kidney (A) (B2)	Aver. serving	225	• EFF
★Kippered Herring	½	125	• EFF
Kohl-Rabi (C)	1 Cup	50	• PPP
Lady Fingers	Each	25	GPE
★Lamb Chop (Broiled)	One 1" Thick	250	• EVP
★Lamb Roast	Aver. serving	200	• VGP
Lard	1 Tbsp.	125	PEP
Leeks	Aver. piece	7	PPP
Lemon (C)	1 Medium	35	PPP
Lemon Juice (C)	5 Oz.	50	PPP
Lemon Soda	6 Oz.	75	PPF
Lemon Meringue Pie	1 Piece	350	PFV
Lemon Sauce	1 Tbsp.	30	PFG
Lemonade	1 Cup	100	PPF
Lentil Soup	1 Cup	300	• FFG
Lentils	½ Cup	110	FFV
Lettuce (A) (B2)	¼ Head	10	PPP
★Liederkranz Chse. (A)	1½ Oz.	125	• VGP
★Limburger Cheese (A)	1½ Oz.	125	• EVP
Lime (C)	1 Large	35	PPP
Lime Juice (C)	6 Oz.	75	PPP
★Liver (A-B1-B2-C)	Aver. serving	150	• EFF
★Liverwurst (A)	1 Slice 3" dia.		
	¾" thick	75	• GFF
★Lobster	Aver.	100	• VPP
Loganberries (Cnd.)	½ Cup	50	PPF
Loganberries (Fresh)	2/3 Cup	50	PPF
Lognaberry Juice	6 Oz.	75	PPF
Macaroni	¾ Cup	100	PPG
Macaroni & Ch. (B2)	½ Cup	150	• GFG
Macaroons	1 Large	100	FFE
★Mackerel	Aver. serving	150	EGP
Mackarel (Salt)	Aver. serving	175	• EGP
Malted Milk	1	400	• VVV
Mango (A) (C)	1 Aver.	100	PPF
Manhattan	Cocktail	160	PPV
Maple Syrup	1 Tbsp.	50	PPE
Margarine	1 Tbsp.	100	• PEP
Marmalade	1 Tbsp.	50	PPE
Marshmallows	1 Aver.	25	PPE
Martini	Cocktail	125	PPV
Matzoth	1	75	VPE
Mayonnaise	1 Tbsp.	100	• PEP
Meat Gravy	2 Tbsp.	75	PPF
★Meat Loaf	Aver. serving	225	• VFP
Melba Toast	Slice	30	• PPG
★Milk (A-B2-C)	¾ Cup	125	VVV
★Milk (Skim) (B1)	1 Cup	80	EPG

Milk Shake	1	350	VVV
Mince Pie	1 Piece	350	PFE
Mineral Oil		00	PPP
Mint Julep	1 8-Oz.	215	PPG
Mock Turtle Soup	1 Cup	125 •	FPF
Molasses	1 Tbsp.	50	PPE
Muffins	1 Aver.	125 •	GFG
Mulligatawny	1 Cup	175 •	PPF
Muscatel Wine	1 Glass	150	PPV
Mushroom-Soup (Cr.)	1 Cup	200 •	PPF
Mushrooms	½ Cup	10	PPP
Muskmelon (A) (C)	½ Medium	50	PPP
Mustard	1 Tbsp.	10 •	PPP
Mustard Greens			
(A) (B2) (C)	½ Cup	25 •	PPP
*Mutton Chop	1½" Thick	125 •	EVP
*Mutton Leg Roast	1 Slice 4x3¼	200 •	VGP
Nectarine (A)	1 Medium	50	PPF
Noodles	¾ Cup	125	PPF
Nougats	1 Aver.	100	PFE
Oatmeal (Cooked)	½ Cup	75	PPF
(Oatmeal Crackers	3	125	GFE
Okra (B2) (C)	1 Cup	50	PPP
Old Fashion	1 Drink	150	PPF
Olive Oil	1 Tbsp.	100	PEP
Oleomargarine	1 Tbsp.	100 •	PEP
Olives	6 Small	50 •	PEP
Omelet (Plus Butter)	1	225 •	GGP
Onion (Raw)	1 Large	50	PPP
Onion Roll	1 Aver.	150 •	PFG
Onion Soup (Clear)	1 Cup	100	PPF
Onions (Cooked)	1 Large	35	PPP
Orange (C)	1 Medium	75	PPF
Orange Juice (C)	6 Oz.	75	PPF
Orange Soda (Carb.)	6 Oz.	75	PPV
Ovaltine	1 Cup	150	PPF
Oyster Stew with Milk	1 Cup	175 •	FFF
*Oysters (Raw)	12	100 •	FPP
Parkerhouse Roll	1 Aver.	100 •	GPE
*Parmesan Cheese	1 Tbsp.	25 •	EVP
Parsley	1 Tbsp.	2	PPP
Parsnips Ckd. (B1)	1 Large	75	PPP
Peaches (Canned)	2 Halves	75	PPG
Peaches (Fresh) (A)	1 Medium	50	PPF
Peach Pie	1 Piece	375	PPV
Peanut Brittle	1 Piece 1"x3"	75	GGE
Peanut Butter	1 Tbsp.	100 •	PEP
Peanut Oil	1 Tbsp.	100	PEP
Peanuts (B1-B2)	10	100	EEG
Pears (Fresh)	1 Medium	75	PPF
Pears (Cnd. or Ckd.)	2 Halves	75 •	PPG
Pears (Dried)	½	50	PPE
Pears (Cnd. or Ckd.)			
(A) (B1) (C)	1 Cup scant	100 •	PPF
*Pecans	3	50	GEF
Pepper Pot Soup	1 Cup	125	FPF
Peppers (Gr. Ckd.)	1 Medium	25	PPP
Peppers (Stuffed)	1	100	PPF
*Perch	Aver. serving	100	EPF
Persimmons	1 Medium	150	PPF
Pheasant (Roasted)	Aver. serving	175	EGP
Pickled Herring	Aver. serving	150 •	PFV
Pickles (Dill or Sour)	1 Large	15 •	PPP
Pickles (Sweet)	1 Sm.	25 •	PPP
*Pike	Aver. serving	100	VPP
*Pimento Cheese	1½ Oz.	150 •	EVP
Pimentos (A)	1 Aver.	15	PPP
Pineapple (Canned)	1 Slice	75 •	PPG
Pineapple (Fresh)	1 Cup	75	PPF
Pineapple Juice	1 Cup	125	PPF

Pineapple Pie	1 Piece	350	FFG
Pine Nuts	1 Tsp.	25	GVF
Pink Lady	Cocktail	175	PPE
*Pistachio Nuts	16	50	VEG
Planters Punch	1	175	PPE
Plums (Canned)	2 Medium	75 •	PPG
Plums (Fresh)	2	50	PPF
Plum Pudding	Aver. serving	225	FPV
Pomegranate	1 Aver.	100	PPF
*Pompano	Aver. serving	125	VFP
Popcorn (Plain)	1 Cup	50	GPE
Popover	1	75 •	GFF
*Pork Chop (Broiled)	1 Medium	225	EPF
*Pork Roast	Aver. serving	200	EPF
*Pork Sausage	Two 3"	150	VVP
*Pork Sausage Patty	Aver. patty	175	VVP
Port Wine	Wine Glass	125	PPF
Postum (No Milk)	1 Cup	10	PPP
*Pot Cheese	½ Cup	200 •	EVP
*Pot Roast	Aver. serving	200 •	EVP
Potato (Baked) (B1)	1 Medium	125	PPG
Potato (Boiled)	1 Medium	125	PPG
Potato Chips	½ Cup or 10	75 •	FVE
Potato (Fr. Fried)	8 Aver. pieces	125 •	FFV
Potato (Mash. w./Milk)	½ Cup	125	PPF
Potato Salad	½ Cup	175 •	PPF
Potato Soup	1 Cup	200 •	PPF
Potato (Sweet Baked)	1 Medium	200	PPV
Pound Cake	Aver. slice	125 •	FGE
Powdered Sugar	1 Tbsp.	45	PPE
Praline	1 3" Dia.	300	GGV
Pretzels	6 Aver. (Sm.)	100 •	GPE
Prune Juice	6 Oz.	200	PPG
Prunes (Cooked) (A)	3	100	PPG
Prunes (Dried) (A)	4	100	PPE
Puffed Rice	¾ Cup	50	FPE
Puffed Wheat	¾ Cup	50	GPE
Pumpkin	1 Cup	85	PPF
Pumpkin Pie	1 Piece	325	FPV
*Quail (Broiled)	1	150	EPF
Quince (Fresh) (C)	1	50	PPP
*Rabbit	Aver. serving	175	EGP
Radishes	7	15	PPP
Raisin Pie	1 Piece	400	FFE
Raisins (Seeded)	½ Cup	225	PPF
Raspberries (Cnd.)	½ Cup	100 •	PPE
Raspberries (Fr.) (C)	½ Cup	50	PPF
*Red Snapper	Aver. serving	100	EVP
Red Wine	Wine Glass	75	PPF
Rhubarb (Stewed—			
No Sugar)	1 Cup	35	PPP
Rice Custard	½ Cup	200	FPG
Rice Pudding	½ Cup	175	PPG
Rice (Steamed)	¾ Cup	100	FPG
*Roast Beef	Aver. serving	200	EGP
*Roast Pork	Aver. serving	200	EPF
Rock and Rye	1 Drink	225	PPE
Roll (Plain)	1 Small	75 •	GPE
Romaine Lett. (A-B2)	½ Head	20	PPP
Roman Meal	½ Cup	125	FPG
Root Beer	6 Oz.	75	PPE
*Roquefort Ch. (A)	1½ Oz.	150 •	EVP
Roquefort Dressing	1 Tbsp.	125 •	GEP
*Round Steak	Aver. serving	200	EGP
Rum and Cola	Drink	175	PPE
Russian Dressing	1 Tsp.	50 •	PEF
Rutabaga	½ Cup	30	PPF
Ry-Krisp	3	50 •	FPF
Rye Bread	Slice	75 •	GPE

★Salmon (Canned)			
(A) (C) (D)	½ Cup	200	• VFP
Salmon Loaf	Aver. serving	225	• VFP
Saltine Crackers	Six 2" sq.	100	• GFE
★Sardines (Canned)	Four 3"	100	• EFP
Sauerkraut	½ Cup	25	• PPP
Sauerkraut Juice	6 Oz.	5	• PPP
★Scallops	Aver. serving	100	EPP
Scotch	Shot	100	PPV
★Shad Roe	Aver. serving	100	VPP
Sherry Wine	Wine Glass	125	PPG
Short Cake Biscuit	1	175	• FPV
Sherbert	Aver. scoop	100	PPG
Shredded Wheat	1	100	GPE
★Shrimp	10 Aver.	100	• VPP
★Sirloin Steak	Aver. serving	200	EGP
★Smelt	7 Medium	100	VPP
Soda Crackers	2	50	• GGE
Soda Pop	6 Oz.	75	PPF
Sour Cream	¼ Cup	200	PGP
Soy Sauce	1 Tsp.	4	• PPP
Spaghetti (Plain)	¾ Cup	100	PPG
Spanish Rice & Meat	Aver. serving	200	VFG
★Spencer Steak	Aver. serving	200	EGP
Spinach (A-B2-C)	½ Cup	25	• PPP
Split Pea Soup	¾ Cup	175	• PPF
Sponge Cake	Aver. piece	150	• FPE
★Squab	1	150	GPP
Squash (Sum.) (A)	½ Cup	20	PPP
Strawberries (C)	1 Cup	50	PPF
Strawberries (Cooked			
or Canned)	1 Cup	225	• PPV
Strawberry Pie	Aver. serving	375	PPE
Strawberry Short Ck.	Aver. serving	350	• PFV
Succotash (Canned)	½ Cup	150	• PPG
Sugar (Brown)	1 Tbsp.	40	PPE
Sugar (White)	1 Tsp.	20	PPE
Sweetbreads (C)	Small serving	125	• VPP
★Swiss Cheese	Slice	100	EVP
★Swordfish	Aver. serving	150	EFP
★T-Bone Steak	Aver. serving	200	EGP
Tangerine (C)	Large	35	PPF
Tapioca Pudding	½ Cup	140	PPE
Tartar Sauce	1 Tbsp.	100	• PPF

Tea (Black)		00	PPP
★Tenderloin Steak	Aver. serving	200	EGP
Thousand Island Dr.	1 Tbsp.	100	• PEP
Tom Collins	Tall	175	PPG
Tom and Jerry	Aver.	175	PPV
Tomato Juice (A-C)	1 Cup	50	PPP
Tomato Soup	1 Cup	100	PPV
Tomato Soup (Crmd)	1 Cup	225	PGV
Tomato (Fresh) (C)	1 Medium	25	PPP
Tomatoes (Stewed			
or Canned)	1 Cup	50	• PPP
Tongue (Canned)	2 Aver. slice	100	• VGP
Tongue (Pickled)	2 Aver. slices	100	• VGP
Tripe (Canned)	4 Oz.	175	• VFP
Tripe (Pickled)	4 Oz.	75	• GPP
★Trout	One ½ lb.	225	VFP
Tuna (Canned in Oil)	¼ Cup	125	• EFP
★Tuna (Cooked)	¾ Cup	100	EFP
★Turkey	1 Serving	175	EFP
Turnips (Cooked)	1 Cup	60	PPP
Veal Chop	1 Medium	150	• EPP
★Veal Cutlet (Broiled)	Aver. serving	125	EPP
★Veal Roast	Aver. serving	150	EPP
Vegetable Juice	6 Oz.	75	PPP
Vegetable Soup	1 Cup	100	PPP
★Venison	Aver. serving	175	EFP
Vermouth	Shot	50	PPG
Vinegar		00	PPP
Waffle	1	225	• GFE
★Walnuts (B1)	4	100	VEG
Watercress (C)	1 Cup	10	PPP
Watermelon	Med. Sl.	100	PPP
Welsh Rarebit	½ Cup	200	• GFG
Wheatena	½ Cup	75	GPE
Wheatgerm Flakes	¼ Cup	100	• EFF
Wheaties	1 Oz.	100	• GPE
Whipped Cr. (40%)	1 Tbsp.	50	• PEP
★White Fish (Smoked)	½	150	• EFP
★White Fish (Steamed)	¼ Lb.	125	EFP
Whole Wheat Bread	1 slice	65	• GPE
Yam Potatoes	1 Small	100	PPG
Yeast	1½ Cakes	30	• EPE
Yogurt	1 Cup	165	VVV
Zwiebach	1 Aver.	30	• GFE

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